

Careful!

Focus: Kindness, cooperation, safety

Materials: One or two *SOFT* objects to pass **For a group of 15, use about 12 SOFT throwable items.**

Sources: Laurie Frank learned this activity from Floyd Asonwha.

Suggested Procedure

1. Have at least one soft item available for this activity (a yarn ball or wadded up piece of paper works great).
2. Stand in a circle.
3. Tell the that they are going to throw the item not to the person next to them, but to the person on the other side of the person next to them.
4. Model this by turning to the person on your left or right (Carla) and say “Careful!” Ask Carla to duck down so that you can throw the item to the person next to her (John). John then gets ready to catch it and you throw it. He then turns to the person next to him and says “Careful!” That person ducks and he throws the item.
5. This continues until the item goes all the way around the circle. If there is an even number of people, it will come back to you. If not, it will end up with the person to your left.
6. Try it again so that everyone gets a turn throwing and ducking.
7. Remind students that they need to wait until the person has ducked before throwing the item. Just saying ‘careful’ does not automatically make the situation safe.
8. If they are enjoying the activity, try it faster, or try having to items going around – first in the same direction, and then in opposite directions.

Sample Processing Questions

- How did it feel when someone called ‘Careful!’ and threw over your head? Did you feel safe? Why or why not?
- Whose job was it to stay safe – the person throwing, the person ducking, or both? Why?
- What was the responsibility of the person ducking to make sure they stayed safe?
- How does being safe show someone you care?
- What can we do in our program to be safe with each other?
- What can we do in our program to be safe with the equipment?
- What can we do in our program to help each other be safe?

Facilitation Notes

Try this activity first by passing one item. As students get the idea, add another item going in the same direction. Later, you can increase the challenge by trying to have objects going in opposite directions.

The key in this is to help younger children begin to pay attention to what is going on around them. Encourage them to stop and notice if the person is ducking, or if the person is ready to have the item thrown to them **before throwing it**. This takes some practice.

Look for things around the room that could be dangerous if people are not careful. Chairs or tables are a good example. Left alone, or used for their intended purpose they are harmless. If they are used or another person (throwing, or tilting back in them) then they can become unsafe.