



Heart Ball: Heart Appreciation Game

Overview

This game teaches young children how to send and receive love and that learning to love is fun and feels good to the heart. This game is also beneficial for getting children back in the heart and happy when they have been cranky or upset.

Objective

In this game, children will give and receive appreciation. Each child will share what is in their hearts by telling their family members or classmates what they appreciate about them. This game helps children show love and appreciation to those around them.

AGES: 3-7

TIME: 10-15 minutes depending on the size and age of the group

PLAYERS:

A group of 4-10+ students/children with at least one adult, parent or guardian

MATERIALS:

- A soft medium to large ball

Instructions

Before getting started, the adult will discuss what it means to appreciate someone and provide examples.

1. Start by sitting in a circle about two to six feet apart. Practice Heart-Focused Breathing™ for one to two minutes to help everyone connect to their hearts.



2. The child who starts places the ball over their heart and takes a deep breath to fill the ball with love.
3. Then, the child picks someone in the circle to appreciate and says aloud what they appreciate about that person. As the child rolls the ball, the child says, "I am sending you love and appreciation."
4. When the receiver gets the ball, the child repeats step two before rolling the ball to someone else in the group. The adult reminds the group that everyone wants to feel loved and appreciated and to make sure that everyone gets a turn.
5. Continue rolling the ball back and forth until everyone has been sent love and appreciation.

Options

1. **Ask students to identify one or two things they appreciate** in life such as a parent, grandparent, pet, or fun memory.
2. **Ask students to identify one or two people that they wish to show more care** such as a fellow student, parent, neighbor or other person.