



Week 2: Building Strong & Safe Foundations: Collective Identity

Community and Team Building



Division: INTERMEDIATE

Lesson Title:

Ball Toss Boasts/Bothers

Learning Goal:

We are learning to reflect on our behaviour/experiences for the week/weekend and respond in inclusive ways.

Student Pre-Reflection:

Before you begin, think about...

-What do we mean by Boast? What is a Bother?

-How and when might this be different for our friends/teachers/etc.?

Learning Task/Activity:

Variation 1: Focus on Greeting Each other

1. Have students stand or sit in a circle. Review rules of throwing or rolling a ball to others discussed in the pre-reflection.
2. The teacher will model the expectation: look at the class and share one Boast (positive thing) and one Bother (thing to improve) that they experienced during the week / weekend (depending on when the activity takes place: Friday or Monday)
3. If students are unable to throw or catch you may sit in a circle and roll the ball or walk over and hand the ball.
2. After each student has a chance to throw/roll/pass and receive the ball they will sit down to signal that they have had a turn.
3. Continue until all students have had a turn.

Extension:

- The game can be extended to include specific questions about the week for reflection. For example, “One thing I liked about our class activities this week was...” “Something that I’d like to work on a little bit more...”

Ideas for Follow up / Discussion:

1. What did you learn about yourself during this activity?
2. What is important to remember when you are listening to others share?

3. How did this exercise make you feel and why?

Further Resources:

Curriculum Connections (i.e., A1.8: Point of View):

Arts:	
FASL:	
Health & PE:	A1: Social-Emotional Learning Skills
Kindergarten:	
Language:	OC.2.3: Clarity and Coherence
Math:	
Native Language:	
Science:	
Social Studies:	

Learning Skills:

Responsibility:		Organization:	
Independent Work:		Collaboration:	x
Initiative:		Self-Regulation:	x

The resources in this series contain links to sources external to HWDSB such as YouTube and Ted Talks. The written content also relies on information from external sources such as School Mental Health Ontario, Ophea and others.



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