

## 2 Ball Bop

**Grade Level:** 4-6

**Skills:** Hand-eye coordination, ocular tracking, accuracy with tossing, fielding and listening.

**Objective:** **Standard 6.MEH.1:** Explore common life changes (for example, moving, changing schools, friendships, family dynamics, deaths) and list healthy coping strategies.

**Equipment:** Tennis racquets, whiffle balls, tennis balls or rolled up socks.

**Organization:** Students should be grouped into groups of 4-6 students. Each group should have enough room to perform this activity without worrying about the proximity of other groups.

**Activity:** The batter faces the outfield in a batting stance. The tosser or thrower kneels to the side of the batter (out of the swing area) and gently tosses two of the balls at the same time to the batter. The tosser calls out “top” or “bottom” while the balls are still in the air, and the batter has to quickly determine which object to strike. The rest of the group is in the outfield retrieving the objects. Rotate after 10 tosses or three minutes or whatever works best for your situation.

**Variations:** Use different colored objects and call out a specific color to strike. Use different sized objects and call out either “smallest” or “biggest” and strike accordingly. The top object could be the same as an even number while the bottom object would be considered an odd number. Call out a problem before you toss, i.e.,  $9 \times 7$ . Batter determines the answer is 63 and strikes the bottom object, since the bottom object is equivalent to an odd number.

**Closure:** In this activity, we don’t know which ball/item we’re going to be asked to hit, until the thrower tells us. Similar to life, we’re not sure what will be thrown our way and there’s not always time to prepare for those things. Some of these things can be hard and life-changing (see examples listed in the standard). What are some common life changes that you have personally experienced?

Did you feel like you had the tools/resources to deal with those changes? What some coping skills that you used to get through the change(s)? (Talking to friends/someone you trust, writing, physical activity, playing a game, trying to maintain normal routines throughout change, art, etc.)

What skill might you use for your next life change?

Is it ok to ask for support during these changes?

**Piloted at:** Lakeside