

Listen to my story



PURPOSE

- Practice active listening
- Promote gratitude
- Promote positivity
- Promote outdoor time

OBJECTIVE

- Help students listen to one another and get to know more about each other

INSTRUCTIONS

Materials

- Ball or light object

Assembly

1. Bring object on a walk/ outdoor time
2. Optional- This activity can be done inside a classroom too. Students can toss the object sitting on the ground or from desk to desk.

Application

- Toss a ball or object to a student
- When the student has the object in their hands, it is their time to talk without being interrupted.
- Students can share a positive story about their life or something they are grateful for. (Give the option to pass if students are not comfortable sharing)
- Establish how much time each student gets (Ex. 2-3 minutes)
- When done, the student will pass the object to another peer.

Let us know how the activity goes!

We'd love to hear from you or receive pictures or tag us on social media:



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