



Winter Is Here

Circle: Activity - Snowball Throwing Practice

Objective:

This activity reinforces hand-eye coordination and gross motor skills as students work together to complete a physical task grounded in cooperation and encouragement.

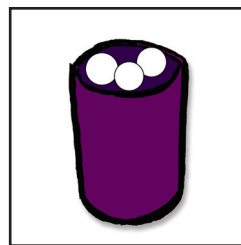
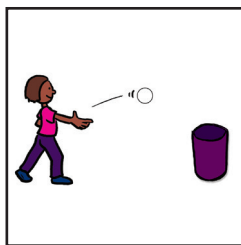
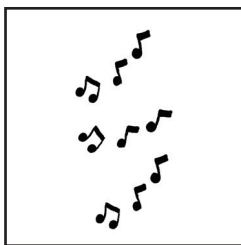
Materials:

- Visual sequence strip (provided)
 - Basket or trash can
 - White socks pre-rolled into balls (2 pairs per student)
 - White pompoms (2 per student)
 - White, soft fabric balls (2 per student)
 - Music
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Duration: 10-15 minutes

Preparation:

1. Print, laminate, and cut out the visual sequence strip.
2. Roll up pairs of socks (2 pairs per student).
3. Set up baskets/trash cans in the center of the room.
4. Distribute to individual students:
 - a. Pre-rolled socks
 - b. Pompoms
 - c. Fabric balls
5. Prepare music.
6. Gather students in a circle around the basket.





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Activity Script:

We recommend using the following verbal cues as you model each step.

- 1. “Today we’re going to play a game with pretend snowballs. To win, all you have to do is try your best and encourage your classmates.”**
[As you walk students through each step of the activity, point to its corresponding step on the visual sequence strip. Indicate the different sized “snowballs” and the basket.]
- 2. “I’m going to throw one first to show you how we do it safely. Watch me and then you can try.”**
[Demonstrate throwing a “snowball” underhanded. If you miss, emphasize that you still tried your best.]
- 3. “When I start the music and say, ‘Go,’ you’ll throw your snowballs toward the basket, like basketball. When the music stops you need to freeze—stay where you are and no moving.”**
[Model freezing in place.]
- 4. “Only toss the snowballs at the basket—not at people. Remember to stay seated on the floor the whole time. If a snowball comes near you, you can try making it into the basket.”**
[Distribute “snowballs” to students.]
- 5. “Go!”**
[Start music. After 30-40 seconds, stop music. Students should freeze while you retrieve the basket.]
- 6. “Now that we’ve tried once, let’s talk about that game. How many snowballs made it into the basket?”**
[As a class, count the snowballs. Discuss the fact that they didn’t all make it in, but that everyone tried their best and encouraged each other. Emphasize that the goal is not to win by hitting a target; you win when you try your best.]
- 7. “Let’s try again!”**
[Redistribute snowballs, start music, and repeat activity.]



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<p>Music starts</p>	<p>Toss snowballs</p>	<p>Music stops</p>	<p>Freeze</p>	<p>Count snowballs</p> <p>1 2 3</p>
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