

ACTIVITY BASED ENGAGEMENT 004
MAY 2019



KAWA BALL

This activity is usually used at the start of a session to establish a KAWA (agreement) in the group regarding behaviour and responsibilities. Participants learn about each other and form a connection as a group.

What age group is this appropriate for?

8 years and older

Where should it be done?

Indoor and outdoors

What group size?

8 or more participants as whole group or in teams

How much time is needed?

- 10 minutes to explain the purpose and rules
- 15 minutes for the ball to go around the team
- 15 minutes to play the game

Resources required:

- A ball (bouncy ball or inflated beach ball)
- A marker

Directions:

- 1) Have the young people stand in a circle.
- 2) The ball gets passed around the circle. Each person writes something on it that is important to them. It can be a person, an object, or a value. Get each person to give a brief reason why it is important to them.
- 3) When the ball has gone around the whole circle explain to the group that the ball represents each of the things that is written on it. In a group it is important we respect each other's values and this can only be done if everyone works together and communicates with each other.
- 4) Now explain to the group that if the ball touches the ground it must mean these things aren't actually important. Working together the group must keep the ball in the air long enough for every person who has written on the ball to touch it at least once.
- 5) Extra rules add extra challenge; if participants are unable to hit it twice in a row, or splitting the group into smaller teams to compete with each other for how long they can keep it in the air (one point for every hit).

Outcomes:

Young people learn something about each member of the group and form an appreciation of what is important to their peers. By sharing what is important to themselves, they establish how they want to be treated. This fun activity emphasises how everyone can be cared for and respected when a community works together. The values gathered throughout the activity can be used as core principles for the group's kawa.



PURPOSE OF THE ACTIVITY:

COMMON UNITY

Everyone has someone or something that is important to them. These are treasured and cherished, and they would not want them to be disrespected or hurt.

This activity demonstrates to young people the golden rule 'treat others as you want to be treated' and that respect for others' values is important if you want your values to be respected.

Starting a session with this activity creates a sense of unity as everyone realises that they have things in common like family, beliefs and values.

This activity will support the establishment of group values.

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