

Gooooaaals!!!

CADA 2016



#1 Energizer: Pass it Around

Each person receives a card with a question on it

- Find partner
- Take turn asking your questions
- Exchange cards
- High 5 your partner
- Leave your hand up and turn to find another person with a “high 5” hand up - your new partner!

#2 Activity: Pass it Up

- The group stands in a circle around the person in the middle, each holding a beanie baby type “stuffie” OR paper ball.
- The person in the middle says how many items they think they can catch (sets a goal)
- On a predetermined count, (“1, 2, 3 Fly”) all throw the beanies/paper balls at the same time, and the center person tries to catch it.
- Each person gets a turn in the middle.
- After the first few people, the group may want to discuss “throwing/tossing” techniques.

#3 Activity: Pass it On

- Group of 5-6 sit in a circle & each student gets a piece of 8 ½ x 11 paper
- On the top part of the paper, each person writes a goal in a complete sentence.
- Everyone will pass their papers 1 person to the right.
- The person who receives the paper DRAWS a picture to represent the goal and then folds the paper backwards so that the sentence is not visible, but the picture is.
- Everyone will pass their papers 1 person to the right.
- The person who receives the paper WRITES what he/she thinks the picture represents and then folds the paper backwards so that the picture is not visible, but the sentence is.
- This continues until everyone gets the paper back with his/her own goals

#4 Pass the Beat

- Form a circle.
- Goal is to make eye contact with the person on the left, and clap hands at the same moment
- Once the handclaps have passed around the circle have the group do it again and time them (how fast they can pass the beat around the circle without error.)
- Share the results & ask them to set a goal for how many they can do it without error in X minute(s).
- Mix it up! Send more than one beat and/or send a beat in different directions