

ACTIVITY WRITE-UP

Sarah Hetrich

Name of Activity: Anger Ball

Type of modality	Anger Management
Type of play	Shared cooperative
Interaction pattern	Intra-Group
# of participants required	5-15
Equipment/supplies	A large, blow up beach ball with phrases and questions listed all over surface
Facilities required/environment	Activity should be done in open room or outdoor setting
Precautions	Getting hit with the beach ball (however, ball will not be heavy)

Directions

1. Leader to instruct clients to stand in a circle
2. Leader will demonstrate by throwing beach ball into air and catching it.
3. The leader will then show where her thumb landed on the beach ball.
4. Read the question or statement where your thumb landed (see list at the end of sample questions on the ball)
5. Answer the question and/or statement.
6. Toss the beach ball to participant in the circle.
7. Each client will continue to pass beach ball around until each player has caught the ball and has the opportunity to share with the group.

Activity Analysis

Category	Skills
Primary body position	Standing
Part of the body required	All body parts
Movement	Throwing, catching, grasping, picking up, reaching, stretching
Physical	Dynamic Standing, Bilateral integration, flexibility, gross muscle
Cognitive	Arousal/ Alertness, memory (short and long term), simple decision making, concentration, problem solving

Social	Self expression, interpersonal interactions, social cues, maintaining social space, regulating behavior, sustaining attention, showing respect
Perception	Visual, Auditory, Tactile
Communication/language	Expression of spoken language, reception of spoken language, reception of body language, expression of written language, producing body language
Self-care	N/A
Psychological/emotional (possible)	Fear, Joy, Frustration, Anger

How to Simplify the Activity: You could simplify the activity by rolling the beach ball on the floor instead of catching. You could also lessen the amount of people participating in the activity.

How to Make the Activity More Complex: To make the activity more complex, the group could come up with a specific pattern that must take place when passing the beach ball. Ex) beach ball must be passed in alphabetical order of each participant's name.

Other Comments

Sample questions:

“How does anger affect your health?”

“Name one thing that no longer gets you angry”

“Describe the physical changes you experience when you get angry”