



Bubble Basketball

Instructions:

1. Before class place your basket in the center of where the activity will take place.
2. Take 3 to 5 steps away from basket in various locations and mark with a piece of tape.
3. When class starts, divide the participants into small teams. Explain that they will be competing.
4. Give each team one bottle of bubbles. Designate each team to stand behind one of the tape lines you made before class.
5. Explain that one person on each team will blow bubbles when you say, "Go." The person blowing the bubbles must stay behind the line. Once bubbles are in the air the rest of the team will need to blow the bubbles into the basket (the other team members may move wherever they need to).
6. Try to count how many baskets each group makes. This is hard to do and in the end doesn't matter much since the point is to have fun together!

Tips for Discussion and Processing:

This is a fun activity to get your group up, moving, and playing together. You can also use it to discuss how to work as a team and how to use different strategies to solve a problem.

Title: Bubble Basketball

Group Size: 1 to 25

Time Needed: 10 to 15 minutes

Goal: To promote teamwork, group cohesion and problem solving

Audience: Couples, Parents, Teens, Children, Singles

Special Considerations: Could get messy!

Materials:

- ✓ Several bottles of bubbles
- ✓ Tape
- ✓ Trash can or a bowl to be the "basket"