



Activity: Thumb Ball

Objective

This energizing activity invites youth to connect with one another through emotional expression. This game can be played anywhere you have a bit of space to toss the ball between participants.

Instructions

- Create a list of emotions with the group. Examples may be: Sadness, Fear, Shame, Guilt, Anger, Joy, Calm, Surprise, Lonely, Connection
- Write emotions on different sections of the ball.
- Throw ball to each other in a small group
- Wherever a thumb lands, read that emotion and share an experience related to that feeling. If participants are comfortable doing so, they can share about these emotions in the context of addiction or grief.

Supplies

- Soccer or beach ball (Any ball will sections easily divided)
- Sharpie Marker



Additional Ideas

Create two thumb balls for your group (one for fun and one for feelings).

- The **fun ball** can include a list of lighter ice breaker questions (If I could travel anywhere in the world, my favorite animal is, my pet peeve, my super power, etc.)
- The **feeling ball** other will include the bigger feelings listed above. We recommend opening up with the fun ball prior to dropping into a deeper discussion with the feelings ball.