

# Listen to my story



## PURPOSE //

- Practice active listening
- Promote gratitude
- Promote positivity
- Promote outdoor time

## OBJECTIVE //

- Help students listen to one another and get to know more about each other

## INSTRUCTIONS //

### Materials

- Ball or light object

### Assembly

1. Bring object on a walk/ outdoor time
2. Optional- This activity can be done inside a classroom too. Students can toss the object sitting on the ground or from desk to desk.

### Application

- Toss a ball or object to a student
- When the student has the object in their hands, it is their time to talk without being interrupted.
- Students can share a positive story about their life or something they are grateful for. (Give the option to pass if students are not comfortable sharing)
- Establish how much time each student gets (Ex. 2-3 minutes)
- When done, the student will pass the object to another peer.

**Let us know how the activity goes!**

We'd love to hear from you or receive pictures or tag us on social media:



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