

**ACTIVITY BASED ENGAGEMENT 011**  
**MAY 2019**

## PATTERNS

*Hand-eye coordination is a big part of this activity, as well as working together as a team and of course having fun. Young people are natural jugglers; with school, home, sports, social groups at church and cultural groups. How do they cope with all the pressure!*

**What age group is this appropriate for?**

10 years and older

**Where should it be done?**

Indoors or outdoors

**What group size?**

Teams of 5 or more people

**How much time is needed?**

10 minutes to explain the activity

10 minutes to play (can be repeated as many times as you like)

**Resources required:**

5-6 balls per team

**Directions:**

- 1) Split the group into teams of even numbers with no more than 8 per team. Each team forms a circle with everyone facing inwards.
- 2) Each team designates a lead person who is given all the balls for their team.
- 3) The lead person chooses someone to pass a ball to; they cannot pass to the people on either side.
- 4) The person who catches the ball must then pass it to someone else who isn't standing next to them. Continue passing it until everyone has caught it, without passing to anyone who has already touched the ball. Eventually the ball may need to be passed to a neighboring player.
- 5) Once everyone has had a go then the ball goes back to the lead person.
- 6) Does the team remember the pattern of passes? Try and do the exact same pattern again, and then one more time to get it perfect.
- 7) Now the real game begins! The aim of the game is to see how many times the team can complete the pattern, every time a pattern is completed without dropping the ball counts as a point.
- 8) To increase the number of points the lead person can add more balls (only after the first pattern is completed) into the circle. At any one time there are multiple balls being passed around the circle (using the same pattern) with every pattern completed earning a point.
- 9) If any balls drops then the team must start all over again. The lead person keeps count. The team with the most patterns (points) wins.

**Outcomes:**

The balls represent different activities or issues in a young person's life. They are transitioning through different phases in life, handling different activities, learning new information and completing objectives for different people. Korero time should explore how they cope with all these things? Are they coping? Who is supporting them? Do they feel like they are connected with the right people to handle the variety of pressures they face?

This game can also be used as an initial ice-breaker for a group to learn each other's names. For the first few rounds, players say their own name as they catch the ball. From there, they learn the name of the person that they throw to, so everyone says the next recipient's name as they throw the ball.



**PURPOSE OF THE ACTIVITY:**

**Positive and Negative Stress**

Positive stress can grow young people and help push them outside of their comfort zone so they are resilient and confident.

Negative stress can cause young people to feel confused and disempowered. Young people become insecure and feel overwhelmed.

This activity explores how young people cope with and handle stress. Do they communicate it to others? What strategies do they use to keep things balanced?

As a team did they communicate with each other and encourage each other to achieve their pattern?

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