

Rock and Roll: have each student roll their ball around without touching anyone or anything.

Count Down: hold the ball with ten fingers, as you count down from ten, remove one finger and still maintain the ball balanced.

Balancing Act: in groups of three's, have them hold hands while sitting on the ball and balance with no body parts touching the ground.

California Roll: Roll on the ball pressed against the wall, on the ground, and with another person without dropping or falling off the ball.

Dribble with Ten Fingers: dribble the ball with one finger at a time, starting with thumb, then index finger, middle finger, ring finger, pinkie, and then other hand.

Recliner: Sit on ball, roll down until balanced on shoulders, then walk back up to sitting position without the use of the hands.

Tripods or Squares: in groups of three or four, students will attempt to connect, support each other with no body part touching the ground while on their ball for 30 seconds.

Balance on two balls: one person will attempt to balance solo on top of two balls for 30 seconds. Their partner counts out the 30 seconds.

Everybody Together: The entire class will connect, support each other with no body parts touching the ground for 30 seconds.

Play Catch: lying on your back, toss the ball up and catch it in your hands. The next progression is to toss the ball up using your feet and catching it with your hands. The next progression is to toss the ball and catch with your feet, then toss back and catch with your hands, and repeat the process as many times as you can.

Bounce Around: Sitting on the ball, bounce 360 degrees around the ball both ways.

Rock Around the Clock: Entire class stands in a circle. Start by rolling one ball around with each person touching it. Then, add another ball and another ball until all balls are introduced. However, should a ball be misplaced outside the circle, then it is out and cannot be re-introduced.