



intergenerational

activities

### Title

**Pass the balls**

### Season

Any indoors

### Time

5 to 10 minutes

### Target groups

All ages

### Objectives

To pass the balls around in opposite directions to music

### Resources

Chairs for everyone to sit on in a circle, music to listen to and soft balls of various sizes that can be held in one hand. 15 balls are needed for ten people.

### Description

A group about 10 - 14 participants, alternating the seating so with a variety of ages all sitting next to each other. Each participant is given a ball, music is played, large balls are passed to the right and small balls to the left. The objective is to keep trying to pass the balls in the correct direction and when the music stops you only have one ball or none.



This is a fun social activity; although it may appear to be simple it can become a challenge sometimes ending up with too many balls to hold.

When we did this activity we made contact with a special physical education trainer for older people. There might be one on in your region to invite to your activity.