

# Pass the ball

## Dance and movement

10 minutes

### You will need:

A **soft ball**, or something similar you can throw around (a balloon works well, or a slightly deflated plastic football)

## Dementia-friendly



Fun  
Stimulating  
Physical

A fun, dementia-friendly activity that is good fun to play in small groups. It is a lovely way to get people warmed up and can be a good icebreaker to start a longer activity or workshop.

### To begin:

To play *Pass the ball* all you need is a ball and a theme. It is recommended that participants are in a circle.

The first thing that you need to do is decide a theme for your game. It is a good idea for the facilitator to choose the first theme, and then you can invite the group to choose themes for subsequent games.

### Next:

Explain that you are going to pass around your ball and that each time somebody catches it they need to call out a word that they associate with the theme. For example, if the theme is 'countries', the first player could shout out "Italy!". Once a word has been called out, the ball is then passed on to somebody else.

Each player has 15 seconds to answer and cannot repeat previous answers! When you run out of words for a theme, move on to a new one.

### You could also:

Make the activity slightly more difficult and choose the letter for the theme. For example, you could only say countries starting with the letter 'P'.



### Credit:

CASPAE / Ana Campos  
and Joana Nunes.