

Hopes and Dreams Activity

This activity is meant to help teach youth social responsibility in a fun and engaging way. Youth will think of dreams and hopes for themselves and others while playing a ball game. This activity promotes self-reflection and identity. This activity is best done in an outside setting with a group of more than three people.



What Materials You'll Need

- Ball

Activity Time

30 minutes

Instructions

1. Go outside or to an open area inside with few breakable objects
2. Sit in a circle on the ground
3. Explain to the group what dreams are
4. Toss the ball to someone in the circle and ask that person if they have a dream they are willing to share with the group
5. The person who initially caught the ball will then pass it to someone else, repeat as many times as you like. This game can be repeated with other concepts like goals or feelings

Reflection Materials

Were dreams hard to think of?

What can you do to help another person achieve their dreams?

Are there any dreams that you kept private but want to share?

What makes dreams reality?