

Silent Ball

Grades 3–5 • 5 min • 8–30 students

WHAT YOU NEED

- One soft ball (a stress ball, rolled-up sock, or foam ball)

SETUP

Clear standing space between desks, or move outside/to a gym if the room is tight.

HOW TO RUN IT

1. Everyone stands. Explain the one rule: total silence — no talking, and the ball must be caught cleanly (no drops, no bad throws).
2. Toss the ball gently to one student. They must catch it silently and toss it to someone new.
3. Anyone who talks, drops the ball, or throws it badly sits down for the rest of the round (or does one small task, like passing quietly instead of catching, if you want everyone to stay standing).
4. Play until only a few students remain standing, or set a 5-minute timer and reset for a fresh round.

VARIATIONS

- Run it as a "last one standing wins bragging rights" competitive round for an older class.
- For a class that's too loud even for this, add "and if two people talk in one round, the whole game restarts" as a group-accountability twist.