



WHIP AROUND BALL TOSS

The Make Your Mark on Hunger Campaign

The Make Your Mark on Hunger Campaign challenges kids and teens to fight hunger through volunteer service. Use the exercise below to help participants reflect on what they'll do and how their service made a difference.

What You're Doing

Give everyone a chance to reflect on what they are doing and the impact their project will have by playing a game.

Pre-project Reflection

Before the volunteer project, use the questions below to set realistic goals and objectives for your volunteer experience.

- Who are we helping?
- Why are we helping them?
- How are we helping them?
- What are we most excited about?
- What might be tough or challenging about our project?
- What are everyone's jobs during the project? What do we each have to do?

Post-project Reflection Questions

After your volunteer project, use the questions and sentence starters below to support participants in reflecting on the work they did and the difference it made.

- What did you learn from doing this project?
- "This project made me happy because..."
- "I didn't know I was good at..."
- "Next time we volunteer, I'd like to help..."
- How did doing this project make you feel?
- How did the project help people?
- What worked well about the project?

Whip Around Ball Toss Instructions

1. Have your group sit or stand in a circle facing each other. Give one person in the circle a ball.
2. Ask the person with the ball to respond to one of the questions below.
3. After the person with the ball responds to the question, they will say the name of another person in the circle and toss the ball to him/her.
4. The next person then answers the question in his or her own way, and tosses the ball to someone else.
5. When everyone in the circle has answered the question, start another round with a new question.