

The rules are simple and can be easily modified to fit individual use and/or functioning levels. Players toss the **S&S® Toss 'n Talk-About™ Movement Ball** back and forth. When the ball is caught, the player must perform the action related to the statement directly under his or her right thumb. If the ball is caught so that the player's thumb is in a blank space, the player simply tosses the ball to the next player. If player's thumb is touching more than one statement, the player may choose which one he or she would rather use.

**Variations:**

1. Divide the group into teams and have players try to guess what it is their teammates are acting out.
2. Turn the game around by allowing the player who catches the ball to assign any other player in the group to perform the action.
3. More fun than musical chairs, especially if you use some upbeat music! Keep the ball moving from player to player while the music is playing. When the leader stops the music, the player holding the ball must perform the action that's listed under his or her thumb.
4. Have players add sound effects to their actions for a fun twist!
5. If tossing or throwing the ball creates tension or stress, you can slow the game down by rolling the ball from player to player.

[www.ssw.com](http://www.ssw.com)

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(02/09)

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