It's time to play catch! Pair up and stand in two lines about a foot apart, with each person facing their partner. Everyone on one side will start with a ball and toss it to their partner. If their partner catches the ball, both people in the pair take a step back. Toss again! Each time a pair tosses and catches the ball, they take another step back.

Play for a set period of time, and when time runs out, the pair that is farthest apart wins. Another option is for pairs that drop the ball to be out of the game, and the team that lasts longest wins.

Afterward, discuss what kind of communication and teamwork everyone needed for this activity. Did anyone get frustrated? Did anyone encourage their partner? Did the pair who got farthest apart feel like they communicated well?