

# Noodle Hockey

Principle 4: Do What Has To Be Done

Principle 5: Be Tough, But Fair

Principle 7: Ride for the Brand

**Group Size:**

8+ participants

**Materials:**

\*Half a pool noodle per player ~ or some other sort of object to be used as a hockey stick

\*20+ blown up balloons

\*2 laundry baskets

**Objective:**

The students will learn that besides the game being fun, that some tasks become easier and more efficient when you help each other. Another lesson learned is asking and cooperating to get the job done.

---

## A

**ctivity:**

1. Divide students into 2 equal teams.
2. Each player will have a pool noodle.
3. Scatter the balloons on the ground in the middle of the playing area and between the 2 goals (laundry baskets).
4. The players may only use their noodles to get the balloon in the goal—no touching, kicking, etc.
5. Set up a time limit and when time runs out, the team with the most balloons in the goal wins.

## D

**iscussion:**

- What was easy about this game?
- What was hard about this game?
- Is it possible to get a balloon in the goal by yourself?
- What happened when you worked together to get the balloons into the goal?

## L

**ife Application & Purpose :**

- What have you learned from this game?
- What Principle do you feel you and your team displayed in this activity?
- Any others? Why that one?
- What does that Principle look like in your life?
- Tell me about a time when ...