

Practical Instructions for Preparing Activities with EDUballs/BRAINballs

When planning your EDUball/BRAINball activities, consider the elements that will make your lesson engaging, effective, and inclusive. With careful preparation, you can design experiences that are educational, enjoyable, and accessible to every child, fostering their full potential.

1. Identify the Target Group

Consider the children's age, number, skill levels, and individual needs. Tailor activities to be simple and active for younger learners, and more complex for older or advanced groups.

2. Select the Location

Choose a safe, spacious, and well-equipped area, such as a sports hall, playground, or outdoor field. Adjust the space to your needs - you may use the entire hall, half of it, or a designated court (e.g., a basketball or volleyball court).

3. Define Lesson Goals

Set clear objectives in three areas: **didactic** (learning skills), **motor** (movement abilities), and **social** (e.g., teamwork and cooperation). Goals help children grow academically, physically, and socially.

4. Plan Activity Duration

Adjust the length of each activity to the children's attention span and abilities. Activities can last from a few dozen seconds to several minutes, and short, focused tasks can be just as effective as longer ones.

5. Choose Methods and Activity Forms

Use playful activities, problem-solving tasks, or structured games to make learning engaging. Activities can be carried out individually, in pairs, in small groups, in teams, or with the entire class working together.

6. Prepare Teaching Aids and Materials

Use EDUballs/BRAINballs along with rings, cones, paper, or puzzles to enhance tasks. Combining movement with materials boosts creativity and bridges physical and cognitive learning.

Thoughtful planning makes lessons physically, intellectually, and socially enriching. Considering all factors ensures meaningful experiences that support holistic child development.

