

## **Catch Wellness Activity**

**Objectives:** Promote self-care, healthy choices and group dynamics.

**Helpful Materials:** Stuffed animal, ping pong ball or empty milk jug.

**Note:** This activity was adapted from the *Understanding Cancer Activity Guide* by Dr. Melany Cueva from the Alaska Native Tribal Health Consortium.

**Directions:** Ask participants “What are healthy choices we can make to take good care of ourselves?” Play a game of catch. Call a person by name and then toss an object of choice (example: stuffed animal, ping pong ball, empty milk jug) to them.

The receiving participant thanks the one who tossed it for their gift and then shares one way they can take good care of themselves. After everyone has been included in the game of catch, add to the discussion by reviewing the following list of activities. Give participants a ‘Healthy Habits’ bookmark included in this section.