

Activity 4:

Water Buckets

A simple activity to provide feedback in a visual, movement-oriented way.

Description

- Prepare one big bucket of water, a ladle, and two empty buckets at the other end of the room/field. One empty bucket should be marked with a happy smiley and the other with a sad smiley.
- Ask students or athletes to think about what they like or don't like about the sport sessions. (Or ask teachers or coaches what they like or don't like about their workshop/class).
- Each student or athlete takes turns stating something they found good or bad about the sport session and, accordingly, fill one ladle of water into the designated bucket.
- At the end, have everyone take a look at both buckets and assess which one is fuller.

Discussion questions

Reflect

How did you feel communicating positive feedback? Negative feedback? How did it feel to see the different buckets fill?

Connect

Why is it important to ask for and receive feedback? How do you give or receive feedback in your daily life?

Apply

What can be done to address the negative feedback provided? What can be done differently?

Facilitation notes

Water and buckets may be difficult to implement in some settings. Alternatively, you can use other combinations of materials, such as tennis balls and buckets, footballs and nets, etc.

Number of Teachers or Coaches	1-2
Number of Students or Athletes	6+
Typical Age Group	12+
Time Needed	20 minutes
Space Needed	Open play area like a gym or field.
Materials Needed	<ul style="list-style-type: none"> • Three buckets • One ladle • Water
Activity Objective	To give and receive feedback
Related Unit	Unit 4
Related Learning Competences	Communication, critical thinking and analysis