

Marble Roll: A Cooperative Game for Teaching Mindfulness

Marble Roll is a sample activity from the book [*Planting Seeds: Practicing Mindfulness with Children*](#), and is reprinted here with permission from publisher [Parallax Press](#).

[*Planting Seeds*](#) was recommended by Meena Srinivasan as one of the [The Best Children's Books About Mindfulness](#).

Materials: empty paper towel or toilet paper roll for each child, one marble for the group

The children stand in a line, close together. Each child holds an empty paper towel or toilet paper roll. The child at the head of the line puts the marble in her paper towel roll and tilts it slightly so that the marble rolls into the roll of the person next to her.

The object is to try to move the marble from the first person in the line to the last person without dropping the marble. No catching with hands allowed! If someone drops the marble, she must start over again at the beginning of the line.

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