



Ball Toss



An Equal Opportunity Institution

This activity can be high energy, but with a large group ends up being more about focus and group problem-solving.

Directions

1. Ask group to form a circle
2. Explain that you will toss the ball to one person and they must say their name. They will then toss it to a new person and they must say their name, but everyone must remember who threw it to them and who they threw it to and their name. This will create a pattern which will include everyone in the circle. Everyone must get the ball once (but only once), until the ball ends up with the person who started it.
3. Rules: If the ball is ever dropped, it immediately starts over. Also, you may not toss to the person immediately next to you.
4. Note to facilitator: When the ball is dropped, encourage the group by saying its okay. Help them support each other. After a few drops, before starting over again, pause the activity and ask the group to problem-solve: 'What can we do as a group to help us succeed?'
5. Sometimes, it will take a group very long (10-15 minutes) just to get it around one time. If that's the case, you may celebrate and be done. If the group is able to complete this in a relatively short period of time (a few minutes), start them over, but let them know that you will be adding a second ball, which will follow the same pattern. Plus, if any ball is dropped, all balls must start over. If the group is expert, you can then add in a third, fourth, or even fifth ball. When you've reached a level of high challenge, let them know that if they succeed here they will have finished the task at its highest level of difficulty.



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