

Group Juggling

Supplies Needed: 10 – 15 soft objects of different size, weight, and shape, such as nerf balls, koosh balls, stuffed toys, beach ball, tape balls, tennis balls.

Number of People: Any size group

Directions:

- Members of the group are asked to throw balls or other objects around a group trying not to drop any.
- The leader tosses ball underhand to someone across the group. They in turn, throw it to someone else, etc., until everyone has caught and thrown the ball.
- Say the name of person you are throwing to and remember who it is.
- Practice! Always throw to the same person, say their name before throwing, concentrate on person throwing to you.
- Add additional balls (objects). Time how long it takes for one object to make it around. Count number of drops. Try to improve as a whole group. Reverse direction. If a ball is dropped or missed, let it go.

Debriefing Questions:

- What worked well and what did not?
- How did your actions affect others?
- Did anyone take a leadership role? How did that work out?
- What happened when we added more soft objects into the group?
- What could we have done differently to ensure no objects were dropped?
- How does this activity relate back to our group?