

## Juggling Game

### Purposes of Activity:

1. To help participants understand and appreciate the concept of teamwork.
2. To learn to feel comfortable interacting with the group.

### Materials Needed:

- Three or four different small objects that can be easily tossed from one person to another

### Instructions:

1. Have the group form a circle.
2. Explain how the game is played as follows:
  - a. Choose someone in the circle (but not someone standing right next to you and say: “Hi, (name of person). My favorite animal (or food, activity, etc.) is \_\_\_\_\_.”
  - b. Then toss that person the object. The object can’t touch the ground. If it does, the game has to start over.
  - c. Everyone should catch and toss the object once in each round of the game.
3. Start the game to demonstrate how it’s played.
4. After you’ve tossed the object to the first person, that person should continue the same process.
5. Keep playing until everyone has caught the object once. If it drops, start the round over. The last person should throw the object back to you to end the round.

### Alternative Suggestion:

If the game seems too easy, reverse the tossing order for the second object. Participants should toss the first object following the original tossing sequence. The second object should be tossed in the reverse sequence, i.e., starting with the last person.

### Suggested Group Discussion:

1. Each person in the group is really important. We each have a part to play in this game and we really have to count on each other. For things like this we have to work together as a team. If we don’t have teamwork, the game has to start over
2. What happened when (mention some example when the teamwork broke down)?
3. What happened when we added the second object?
4. Did it make a difference when everyone worked together?
5. What happened when we tossed things in the opposite direction?