

Group juggling

 15 minutes  10+

A great team-building exercise, as it relies on co-operation between all students for success. You will need three juggling balls to play.

- Ask participants to stand in a circle.
- Explain that you are going to establish a pattern of throwing the ball across the circle.
- Firstly, explain it is important to remember who threw the ball to you and who you threw it to.
- The teacher should be the first and last person to throw and receive the ball, so you start and finish the sequence.
- To help establish the pattern, ask participants to crouch down after they have received and thrown the ball. After everyone has had a turn, everyone can stand again.
- Ask participants to recap the order by saying their own name and the person they threw it to.
- Once the order is clear, begin throwing the ball in the same pattern repeatedly to practise.
- Ask the participants for top tips on how to make this work e.g. establish eye contact before throwing the ball; wait until the receiver is ready before throwing the ball.
- When the group feels confident, begin to introduce additional balls until eventually you have three balls circulating around the group.
- When you want to bring the sequence to a close, gradually collect the balls. Discuss what worked well during the exercise and why it might be useful.