

TITLE: Chaotic Group Juggle

IMPACT: Challenges a group to focus, to remember, and to multi-task; provides an opportunity for a group to reflect on how it handles challenges

RISK: Low - medium

GROUP SIZE: 6 or more

TIME REQUIRED: 10-15 minutes

DIRECTIONS:

- Starting with one ball, have the group develop a throwing pattern using these guidelines:
 - People cannot throw to someone on their immediate left or right.
 - In developing the pattern, each person can only throw and catch one time.
 - Each person has to remember from whom she or he received the tossed object and to whom he or she threw so that the pattern can be recreated.
 - The group practices the pattern a number of times.
- Begin with one ball, using the pattern created. Add a second, third, fourth, fifth, sixth, etc. as long as the group is able to keep the pattern going without too many drops. If there are lots of drops, take away a ball and get 'good' at the number the group has.
- Have the group identify a challenge that they are experiencing in the program. (Could be bad weather, not listening, lack of cooperation, etc.) Explain that this next object symbolizes this identified challenge, and is to be handed clockwise from person to person, while they are still continuing the pattern of juggling the other balls. This object should look different from the others. Keep this going for a while as they get used to this new twist.
- Ask the group to identify another challenge, or maybe a negative influence, that is happening. Pull out a final object that again looks different. This object gets passed in the opposite order as the original pattern. This happens at the same time as the original objects are being passed, and the challenge is going around clockwise.

OPTION: Make this a silent activity. Eye contact and other non-verbal forms of communication become important, and this becomes an exercise in communication.

DISCUSSION:

Use this activity to have a discussion about what the group's challenges are, and how they handle them.

- How do they handle challenges?



- Do they give special attention to the negative factors and not enough to the positive?
- Do they 'drop balls' when too much is going on?

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