

**TITLE:** Pick and Choose

**IMPACT:** Group initiative, problem solving, cooperation, listening, and creative problem solving

**RISK:** Moderate to high

**GROUP SIZE:** 10 or more

**TIME REQUIRED:** About 30 minutes

**DIRECTIONS:**

- Start by telling the group that there are a few areas in life where people can't find a way to contribute to a group goal or idea. Where do they fit in? How do they think they can make the biggest contribution?
- The object of this activity is for your group to try to throw as many tennis balls as possible into the wastebaskets during a two-minute time period.
- Place the wastebaskets at varying distance from your pre-designated baseline. Each wastebasket has a different point value, with the closest scoring 1 point, the second 3 points, the third 5 points, and the furthest 9 points. The group competes against itself while trying to score the highest possible point total, wither by shuffling thrower and retrieving positions or making a decision about which wastebasket to target.
- Give some group time to decide who is going to throw and who is going to retrieve. The throwers must remain behind the baseline. The retrievers can stand anywhere they want to, but they are not allowed to physically assist into the wastebaskets. Their job is simply to retrieve the missed shots and get the balls back to the throwers as quickly as possible. Once the clock starts, throwers and retrievers cannot exchange positions.
- Play this game more than once so that you give the group a chance to change tactics and positions.

**HINT:** If you do not have tennis balls, use balls of scrap paper instead.

**DISCUSSION:**

- How did you decide who would throw and who would receive?
- Did you consider abilities when you were searching for strategies? Were some people more comfortable in certain roles?
- How were different abilities assets to the group's goals?
- Was anyone anxious about your own or other people's safety?
- Was anyone embarrassed?
- What do you think you contributed to the group in this activity?
- Were you comfortable with the way the group assigned roles?
- Did the group make any assumptions when assigning roles? What were they were these assumptions harmful?



© Diversity in Action, Project Adventure, used by permission.

---

10 Lewis Street Lincoln, MA 01773 tel 781-259-8621 [thefoodproject.org](http://thefoodproject.org)

Lincoln • Boston • North Shore



**The Food Project**