



ENHANCING THE CLUB EXPERIENCE.....

GROUP JUGGLE

OVERVIEW

This activity focuses on communication skills, team work, and dealing with obstacles

LIFE SKILLS

- Communication
- Team Work
- Organization

MATERIALS NEEDED

Safe, small objects that are suitable for throwing (Use a variety of shapes & sizes: tennis balls, Frisbees, stuffed animals, rubber chicken, etc...)

ACTIVITY INSTRUCTIONS

Have the group stand in a circle facing inward. Instruct the group that they will be tossed an item and then they must toss that item to someone else in the group. You may not toss an item to someone that has already caught an item from someone else. This insures that a sequence is started in which everyone is in the "chain". Be sure and have more items than you have people to make sure the process continues for a while.

How to use with different age groups and build on complexity:

5 – 8 yr old: Just work on tossing the objects to each other (Improve motor skills)

8 – 11 yr old: Have them call each other's name when tossing (Way to remember each other)

9- 14: Make it a timed event, and deduct points for dropped objects (Competition)

15 & Up: Use the objects as examples of tasks/goals. Make the group pass a cup of water around the circle half way through the activity (Applying to real world)

RELAX AND REFLECT (Activity Time: 15 minutes)

Ask these questions after the activity:

1. What was challenging about this task at first?
2. If we repeat the task, what can we do to make the second time easier?
3. How does communication play a part in this activity?

APPLY

(Older Youth) If we compare these objects to real tasks we deal with (ie. homework, jobs, etc.), how does communication and organization play a part in our success?

What does the cup of water represent? (answer: we get a pace going and things organized, then something unexpected comes along that does not go along with our plan and we have to adjust accordingly)

TAKE HOME

Organization and communication are the keys to success when working with others. Sometimes we have to slow things down and work with each other to accomplish a common goal.

Activity submitted by: Garry Branham, Texas AgriLife Extension Service