

# Building Dynamic Groups



## Group Juggling

- Objective:** To teach responsibility and the importance of caring about others.
- Equipment:** 10 – 15 soft objects of different size, weight, and shape, such as nerf balls, koosh balls, stuffed toys, beach ball, tape balls, tennis balls.
- Directions:** Members of the group are asked to throw balls or other objects around a group trying not to drop any.
- Step 1: Leader tosses ball underhand to someone across the group. They in turn, throw it to someone else, etc., until everyone has caught and thrown the ball. Say the name of person you are throwing to and remember who it is.
- Step 2: Practice! Always throw to the same person, say their name before throwing, concentrate on person throwing to you.
- Step 3: Add additional balls (objects). Time how long it takes for one object to make it around. Count number of drops. Try to improve as a whole group. Reverse direction. If a ball is dropped or missed, let it go.
- Safety:** Make sure all objects are soft and will not hurt someone if (when) contact is made.  
Make sure everyone tosses the ball underhand – look at your teammate when throwing and catching.
- Processing:**
- The more balls in the air, the more balls get dropped.
  - Practice handling, throwing, catching. This helps develop skills and do a better job. Training, experience.

- Helping each other, (cooperation) keeps the balls moving faster, safer.
- Balls are different size, weight, shape.
- If a person is helping someone else with their ball, chances are greater they will drop their own ball or slow down its progress.
- It is very difficult for one person to handle two balls at exactly the same time.
- A group can handle many balls if each member works with one ball at a time.
- The more balls going in a group, the more the whole group is involved.
- There is an optimum number of balls a group can handle before productivity decreases (about 1/3).
- Focus on individual task increases productivity.
- Practice and experience on individual skills increases productivity.
- Others?

Reference: Unknown