

Activity Name: Group Juggle

Activity Description: This activity teaches concentration and focus. The students will pass around objects of varied sizes. The teacher may adjust the level of challenge by establishing patterns, adding objects of different sizes, etc.

Group Size: 6-10

Time Frame: 10-15 minutes

Goal/Objective: The team will pass one or more balls around the circle.

Objectives: The students will be able to:

- 1.) Establish a pattern to pass one or more balls successfully around the circle.
- 2.) Modify the original pattern based on changes in instruction.
- 3.) Evaluate the performance of individuals and the group to determine the effectiveness of their strategy.

Multiple Intelligence(s) Addressed

Interpersonal/Intrapersonal
Visual-Spatial
Verbal-Linguistic
Musical-Rhythmic
Bodily-Kinesthetic

Materials: 12 tennis balls, other soft textured balls or objects of various sizes, shapes and weights.

Directions: Six to ten students stand in a circle approximately one foot apart. The team is instructed to pass a soft object (ball) among the members establishing a non-repetitive pattern. To help the teams in the beginning, the instructor may suggest that after each team member receives the ball, he/she raises their hand. Initially, each team member should receive and throw the object only once. Give the teams a few minutes to do this. As the group becomes proficient with one object (ball), a second object may be added. To increase the level of challenge/difficulty, add objects of different shapes, sizes and weights. If a ball is dropped and goes outside the circle, it is no to be retrieved. The team leader or teacher may choose another ball or object and put it into play.

Interdisciplinary Applications: This activity is an excellent “ice-breaker” at the beginning of the year or anytime a new group of students will be working together. Students may begin with their names, and then proceed to other individual information such as favorite foods, pets, etc. It is also an outstanding review tool.

History: Chronological order

Language Arts: Literary characters, names of books, parts of speech

Science: Definitions, terms

Mathematics: Times tables, formulas, patterns, sequencing, numeric progression

Art/Music: Rhythmic patterns, artistic patterns.

Debriefing Questions:

1. What should team members focus on to help them remember who to throw the object to?
2. How did the members of the team help each other be successful?
3. If the task began to break down, (poor throws or catches, objects going outside of circle, etc.) was blaming taking place? How could the task have been evaluated and feedback given without blame? How does blame affect the team's performance?
4. When mistakes or loss of focus happened to one member, how did it affect the rest of the team?
5. What specific skills are necessary for individuals to be able to focus on a task?