

Group Juggle

You will need five beanbags.

Gather the participants in a circle and sit on the floor with them.

Tell them this activity, The Group Juggle, will demonstrate their juggling ability in short order!

The rules of the game, simply, are:

1. One individual with one beanbag looks around the circle and **calls another by name** loud enough for the other to hear.
2. After **establishing eye contact**, the individual then tosses the beanbag to the named person in a **catchable manner**.
3. The second person repeats the process to a third person, and so on, until everyone has been included.
4. The last person simply tosses the beanbag back to the beginner.

Try it once, and caution every to remember the person they tossed to, and their name!

After a successful round, inform everyone that you will now follow the first beanbag with a second and a third, at three-second intervals. Nothing has changed, really. All they have to do is repeat their catch and toss three times. OK? Remember, call by name, establish eye contact, and toss in a catchable manner. Begin.

[Things usually get a little hectic during this second round. People often forget to call the names, or don't wait until the "catcher" has made eye contact with the "tossers". Beanbags go everywhere and the noise level rises. You can insure this takes place by timing the exercise and challenging the group to do the circuit in under a minute, for example.]

At the end of round two, ask for comments on how well things went. Before trying to solve the problem, introduce the challenge of five beanbags and ask if they think they can do it. Identify a new time limit, and begin.

Assess the success or damage. Ask for comments about what went wrong, or right. Remind everyone of the simple rules. "People are not targets!" Ask them again: "Can we do this?" Begin.

Celebrate your success.