

PATTERN BALL FOR MIDDLE AND HIGH SCHOOL



Facilitator uses stress balls, tennis or softer balls, stuffed animals or anything creative that fits with your grouping. This activity allows group members to get to know one another. Everyone stands up in a circle, has their eyes on the Facilitator with their hands out ready to catch what is being thrown. The Facilitator uses eye contact and throws the first item while saying the person's name they are throwing the item to. (Once you receive the item, put your hands down). Then the recipient follows suit and throws the item to another with their hands up saying their name. Go around the circle until everyone has received the item and hand their name called. Refer to handout for the next levels of the game depending on if you're using this game for one circle, how much time you have, or if it will be a repetitive game over a series of circles with the same grouping.