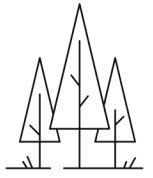


Juggling for our Lives



No Child Left Inside Activities | Bryn Lottig

This activity utilizes the following skills- Group goal setting, decision-making, leadership, creative thinking, trial and error.

PREP:

Obtain a throwable object that will be used in this activity.

Step-by-Step Instructions for PLAY:

- Have students stand in a circle.
- Ask students to raise one hand to indicate that they have not had the object yet.
- Then, ask students to go around the circle and say their name.
- Next, call someone's name and throw the object to her. She puts her hand down to show she's had the object. Then she calls the name of someone whose hand is up and throws the object to them. This continues until everyone has had the object and it is returned to you.
- This is the pattern and it needs to be repeated. Tell the students that this is a timed activity. They must send the object to the same person they threw it to before. Toss the object again to get a baseline time.
- Now reiterate the rules: The item must touch everyone in that same order, and it must begin and end with the same person. Then give them time to discuss strategies.
- Try the activity multiple times to arrive at the best solution

Reflect:

- What was your group goal for this?
- Did you know what you wanted to accomplish together?
- How did you decide which idea to try?
- How did your solution change each time?
- Were you willing to learn from each attempt?

Connect:

- How did what happened during this activity relate to other times in your life?

Grow:

- What is something you learned during this activity that you can use in "real life"?
- Do you feel you took a leadership role in this activity? How?

Variations:

- ADD an item going in both directions at the same time - have each item represent either 'known expectations' or 'unknown expectations'
- ADD "rumors or distractions" that can be thrown anywhere, at any time
- ADD a cup of water to be passed around the outside of the circle hand to hand that represents mental health/self care/work life balance