Responsibility Group Activity 1: Ball Juggle

Responsibility — Embracing opportunities to contribute

- **BE HELPFUL**: Understand & advance the group’s positive goals.
- **BE CONSCIENTIOUS**: Be aware & careful of the choices you make.
- **BE ACCOUNTABLE**: Accept that your actions impact everyone around you.
- **BE PERSEVERING**: Work through difficulty & discouragement in pursuit of individual & team objectives.
- **BE RELIABLE**: Prove that others can depend on you.

**Problem Solving: Responsibility**

**Summary**: The group figures out how to juggle as many balls as possible.

**Time**: 10 minutes total
- Brief the group: 2 minutes
- Exercise: 5 minutes
- Reflection: 3 minutes

**Balls Represents**: Classes, Relationships, Job, Family, Friends, Coach, Role on the Team, etc… Everything that can feel like one big juggling act.

**Directions**:
- Have your group form a circle.
- Introduce one ball to the group.
- Instruct the group to throw the ball to anyone in the group except for the person next to them.
- Once they complete the exercise have them do it again but this time keep introducing ball after ball until the group begins dropping them.
- They must throw to the same person each time.
- Stop the group and have them brainstorm how they can handle the added balls.

**Facilitator Notes**:
- The goal is for the group to create a process for handling the additional balls.
- Time it to see if they can find a process to do it faster.

**Processing the Ideas**:
- Discuss the importance of responsibility: embracing opportunities to contribute. How did this group do in demonstrating responsibility to all members of the team as they tried to juggle the balls?
- How does this relate to a team setting? (Reliable for what, recover quickly, stay positive, etc…)
- One team member writes and reports later.