

KOOSH BALL INTRODUCTION

OBJECTIVE: To quickly introduce workshop/meeting participants to each other

MATERIALS: Koosh ball or soft ball about the size of a baseball

DIRECTIONS:

- Participants stand in a circle with hands at their side (group size should be no more than 20).
- Facilitator tosses the ball to a participant; participant gives name and one interesting fact about themselves.
- The person with the ball tosses it to another person who quickly responds with his/her name and an interesting fact.
- Participants are urged to do this quickly—no more than five seconds each (comment could be altered to fit the need of the situation).
- The process continues until each person has responded.
- To add challenge to the situation after everyone has had a turn, the facilitator tosses the ball to the original recipient.
- Ask a volunteer to repeat that participant's name and the interesting fact he/she gave; original participant then tosses the ball to the person who named him/her. Another volunteer names that person and the interesting fact. The activity continues until everyone has been named a second time.

CONCLUSION:

Debrief could include:

- Did you find someone you had something in common with?
- What connections can you make with others in the class/meeting?

NOTES:

Facilitator should keep the group motivated making it fun for them to complete the task!

Keep the mood positive and upbeat!

Participants should laugh and have fun as a positive way to start the class/meeting.