



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 brain storm 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...)
- How will RESPONSIBILITY look on your team? Identify 3. Refer to Responsibility checklist.