

# Determination 'Starter'

# Group Juggle

Perseverance Resilience  
Determination



"If you run into a wall, don't turn around and give up. Figure out how to climb it, go through it, or work around it."

Michael Jordan

## Activity 1



### Aim(s)

- To introduce people to one another.
- To keep trying in order to achieve a challenge.



### Resources

- 6 or 7 small soft balls.



### Delivery Guide



Facilitators should get involved in this activity!

Ask the young people to stand round in a circle. Take one of the balls and throw it to the person opposite you, saying their name (ask, if you don't know) and then get them to do the same thing – throw the ball to someone opposite them who hasn't already caught the ball, saying their name. If they don't know the name, they need to ask. Ensure the ball travels round the circle until everyone has received it once and it's been thrown back to you.

Ask the young people to take their right hand and point to the person they threw the ball to, then take their left hand and point it at the person they received the ball from. Ensure everyone knows exactly who they are receiving the ball from then passing it on to.

Throw the ball once more around the circle in exactly the same route as before, just to check it works.

Then do it again – this time adding balls in as you go. Once you throw the first ball to the next person in the 'chain' and they pass it on, throw another ball to them, which they pass on in the same way. Then add a further ball and so on. Once all 6 or 7 balls are in play, the whole group is

juggling together.

It will almost certainly descend into chaos the first time – people will start to throw too high, or too fast, and therefore people will struggle to catch the balls and pass them on appropriately. Stop the group and ask them to think about why it failed (ie. going too fast, not paying attention, throwing so it's not easily caught by others). Try again with that in mind.

It may fail again, in which case ask them what part of their participation could they change/improve to make it work better?

Try the 'group juggle' again until it works – and highlight it took a number of tries before it could be done successfully.

## Points to highlight

- This activity will likely fail for the first few times – it takes determination to keep going even when it doesn't work to start with.