

Let's Juggle

Number of People	Approximate Time	Items Required
Unlimited number		4-6 Nerf balls

Sometimes participants get caught up in an icebreaker and this icebreaker is exactly that type of exercise. It requires concentration and coordination and results in lots chaos and laughter.

1. Form a circle.
2. Get everyone to raise one hand and tell everyone they will need to remember who they got the ball from and who they threw the ball to.
3. Start by throwing the ball to someone and have him or her throw it to someone else until the ball returns to the facilitator.
4. The second round starts the same way, but you add a second ball.
5. The third round starts and you add a third ball.
6. The fourth round starts and you add a fourth ball and so on for each round.
7. End the exercise by slowly removing one ball at a time from circulation.

VARIATION: As the ball is tossed each person says his or her name. So for example, if Brandon tosses the ball to Ian, he would say Brandon to Ian and if Ian passes the ball to Isabella he would say Ian to Isabella, etc.