

# Stress Ball Toss

Number of People	Approximate Time	Items Required
At least 6 people	Up to 1 minute per person	Magic marker or chalk Stress ball

This game allows individuals to shake off that tired afternoon feeling and helps them retain what they’ve learned by reviewing concepts they have learned.

1. Stand and form a circle.
2. Toss the stress ball to one person in the circle.
3. The person who receives the stress ball relates which concept was the most important and why.
4. The stress ball continues around the group until everyone has a chance to participate.