

## **Time Management Ball Activity**

**Teacher/Classroom Preparation:** 5 small balls and 1 spider. Balls can be purchased from Oriental Trading Company or at a Dollartree Store. You need a space without any obstacles in the middle. Moving desks to the edge of the room to have a large open space is necessary.

**Length of Time:** 30 minutes

**Group Size:** As few as 6 and as many as 20 people. I have completed this activity with more than 20, but it takes longer and is harder to keep everyone focused. If there are more than 20 participants, it would be best to divide them into two groups. A facilitator is needed for each group.

I introduce the activity as a way to learn names. I go around the circle to introduce everyone with first names. The students are to say the name of the person they will be throwing to before they throw the ball. The person receiving the ball must say “Thank you” and the person’s name who threw the ball. Thus the students will learn at least the names of two people during this activity.

The group and facilitator stand in a circle facing one another. The facilitator tosses one ball to someone in the circle. Each person then tosses to another (across from them) until each person has received the ball once. The facilitator is the last one to receive the ball. The group is told to pass the ball in this sequence without dropping it. Practice this order until the process is smooth, and the ball is not dropped. Then repeat the exercise, but after the first ball is tossed, the facilitator adds the other balls and the spider to the sequence without warning. The added balls and the spider must be passed in the same sequence as the first ball. The group must decide how to manage these items in the same order without dropping a ball or spider.

**Debriefing:** When the facilitator stops the activity, a debriefing should occur. Through questions, the facilitator will help the students discover the connection between this activity and time management. Ask the students to think of this in terms of time management. What would the balls represent? What do we try to do with all our activities when we are trying to manage our time? What happens when we over-schedule ourselves? What does the spider represent?

This activity is a great way to help students learn some names of others in the class, to help them realize the class may actually be fun and offer some good tips for studying, and it helps them to develop community within the group.