Activation

„BALL GAME IN A CIRCLE“

Objectives

activity to relax, action-oriented learning of verbal and non-verbal communication

Description

Participants are standing in a circle. There are two steps:

First step: the balls are to be thrown without speaking as quickly as possible. After a few minutes the activity is interrupted and the next step is explained. Second step: throw the ball only if eye-contact has been established with another person.

In the end the differences of the two phases are reflected and focus is drawn to verbal and non-verbal communication.

Duration: 20 minutes

Material: 2 small soft balls