

BALL TOSS BRAINSTORMING



All participants



10 minutes



Participants should be seated in their chairs. Announce a topic (things associated with a topic, a holiday, the course content, etc.). Then, toss around a ball. When someone catches the ball, they shout out something related to the topic and then toss the ball to someone else. Continue the exercise until everyone has had a chance to speak.

Variations: When they catch the ball, each person tells what they thought was the most important learning concept so far. Continue the exercise until everyone has caught the ball at least once and explained an important concept of the material just covered.



Ball tossing will engage your participants both physically and mentally and prepare them for the afternoon training session.



A ball