



Activity: **Anti-Gravity**

Overview

Anti-Gravity is a fast, fun, and accommodating activity for very large groups. Your team must keep a large beach ball bouncing in the air as long as possible, racking up the most hits. Each time the ball touches the ground your group must start over. Use this activity any time your group needs to release some energy. Best of all, they will be doing it through cooperative play.

Set Up

Props

One large beach ball. The bigger the better!

Set Up

Inflate the beach ball, or ask a participant to help you with this. Have your group stand in a circle while you give instructions.

Instructions

Explain to the group that their task is to see how many times they can hit the ball in the air before it hits the ground. When the ball hits the ground, the hit counter returns to zero and the group must restart.

Round 1: Explain that in this round no one may hit the ball twice in succession.

Round 2: For a more advanced round, tell the group that each person must hit the ball once before anyone may hit it a second time.

Sample Story Line

"Your team has been given the opportunity of a lifetime, having been selected for the final round of the 'Lottery Ball' anti-gravity contest. Now it isn't a matter of 'if' you'll make money, but 'how much!' As the name implies, the money rolls in by keeping the lottery ball from giving in

to gravity."

"For round one, simply keep the ball in the air and off the ground. With every hit, you'll get \$50. But if the ball hits the ground, you're back to zero. You'll also go back to zero if anyone hits the ball twice in a row. You'll have plenty of chances to get the most dough, and it is your decision to stop whenever you'd like."

Play for a while and then move on to round two.

"For round two, the rules are the same, except this time you'll go back to zero if anyone hits the ball twice before everyone in the group has had a chance to hit it once. Every successful hit in this round gives you \$100. As in the previous round, you'll have a few chances to grab the most cash, and you can always take the money and run whenever you wish."

A great concept emerges: the better they work together and trust themselves through risk, the more they can potentially "profit."

Safety

Play this exercise in a large room, or any open space void of obstacles. Remind the group of safety concerns. Avoid running, keep an eye on where your teammates are, call for the ball, and be supportive.

Variations

Variation 1: One variation of *Anti-Gravity* is to have the group play without using any part of their hands or arms to keep the beach ball in the air. Add bonus points for the most creative hits.

Variation 2: Challenge the group by adding additional beach balls to the mix. Two balls will definitely change the dynamic.

Variation 3: Divide the group into teams, each trying to keep its ball in the air for the longest time, and watch

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the world of competition unfold. Be mindful not to set it up as competition, but watch how teams default to it.

your group or personal life?"

Reflection

Anti-Gravity can be used simply as a fun activity, or explored through reflection. Here are some suggestions for creating dialogue.

- Discover:** "What was the difference in thinking between round one and round two? How well did your group perform with each round?"
Connect: "How innovative can people be when they have more than one way to achieve a common goal?"
Create: "If you were to suggest some new ways we can work as a group, what would they be? What would we need to do to make it possible?"
- Discover:** "How did the concept of risk play into your decisions?"
Connect: "How do you deal with risk as an individual and as a team?"
Create: "How are you going to use what you have learned in this activity somewhere else - perhaps in