



Imaginary Ball Toss

Objective: To break the ice in a group of strangers, break down barriers in groups, or help group members get to know each other.

Directions: Imaginary balls are wonderful things. They are low in cost and very catchable, even by the “catching impaired.” They inflict no pain when thrown too hard, and they can be adapted to a number of shapes. Most importantly, they allow for creativity and “creative dramatics” and help people shed their shells of self-consciousness.

“See this ball I am holding? It has size, and shape, and weight. I am going to call out someone’s name and toss this ball to them. S/he will call out someone else’s name and toss the ball to them. Let’s try to toss the ball to everyone in the circle before we toss the ball to anyone twice. Don’t worry, if you don’t know the name of someone you want to toss the ball to... just ask.”

“Imagine now that the ball becomes endowed with magical powers and will change at your command into anything you wish to toss. Tell the ball what to change into, call someone’s name, and have them catch what you toss. Remember, catchers, the object has imaginary size and weight. Catch it as if it has the actual characteristics! The shape can be changed by each person by simply telling the object what to change into before calling someone’s name and tossing it. Go!”

Reference: Martin, R.R.; Weber, P.L.; Henderson, W. E.; Lafontaine, K. R.; Sachs, R. E.; Roth, J.; Cox, K. J.; Schaffner, (1987). Imaginary Ball Toss (Section 2 p.10). [LASER D.I.S.C.](#) Columbus, OH: Ohio State University Extension.