

Beach Balls

Take this sheet into the workshop as a useful reminder of the aims and activities

ACTIVITY	ACTIONS	NOTES
Exploring Beach Balls	<ul style="list-style-type: none"> • Beach Balls are a great activity to open the circus session as people enter the room and join the circle • Beach Balls get people active and interacting with each other 	Most people have a natural affinity to try and catch a ball when it is thrown towards them
Exploring Beach Balls	<ul style="list-style-type: none"> • Before you pass the beach ball to anyone ensure you call their name and make eye contact before throwing the ball • Ask them to catch the ball and throw it back to you • Encourage them to throw the ball to others across the circle, ensuring that the other person is ready to catch the ball 	Throwing and catching Beach Balls allows people to get to know each other whilst actively responding physically
Making it easier - working with the group	<ul style="list-style-type: none"> • If catching is difficult, ask the person to try batting the ball back to you as you would in volleyball • Alternatively ask the person if it's ok to place the ball on their lap and assist them to roll or push the ball off their lap to the floor 	To make the ball easier to catch you can slightly deflate the ball so there is less air inside. This makes for easier gripping.
Let's make it more challenging	<ul style="list-style-type: none"> • Ask people to pass the ball to another person by bouncing it to them across the floor - make sure that the other person is ready to receive the beach ball 	Passing the ball improves hand-eye coordination and focus, and creates connections between people
Let's make it more challenging	<ul style="list-style-type: none"> • Two people can each pass a beach ball across the circle, one throwing the ball over, and the other bouncing the ball across the floor 	Using two or more Beach Balls in the circle can generate fun and laughter

