

## Balancing Act

*Participants will discover how teamwork and communication play a role in everyday life*

**Description:** Participants will play a version of “don’t let the balloon touch the ground” in which they learn the virtues of communication

**Purpose:** To teach participants how communication plays a role in everyday life

**Time:** 5 min; can be adjusted

**Age:** All ages

**Suggestions:** Try to be in an area with enough room to move around in. If outside, try to find an area with less wind. Also, try to have more balloons than participants. **Caution:** most balloons contain latex, so if anyone in your group has an allergy to latex, they aren’t allowed to touch the balloons.

**Materials:** Balloons, a permanent marker

### **What To Do:**

1. Before you begin, know about how many participants you will be leading. Blow up at least one balloon for every participant, and write a factor of communication on it with the permanent marker. If you run out of aspects of communication, feel free to use aspects of everyday life
2. Have the participants stand in a large circle or group. If you have a large group, split them into two circles.
3. Start with one balloon in the circle, and have them toss the balloon around without letting it fall
4. Every 30 seconds or so, add another balloon with a different thing written on it. Say what it represents as you throw it into the circle
5. Keep this going either until you run out of balloons or too many balloons hit the floor- it should begin to be overwhelming for the participants

### **Example Communication Factors:**

Speaking fluently, actively listening, comprehension, focus, control, trust, confidence, clarity, context, avoiding distractions, cooperation, courtesy, inflection, body language, etc.

### **Reflection Questions:**

What did you learn about communication from this activity?

-Communication is a team effort, there are many things going on at once when you’re communicating something, it isn’t fun if one person does everything, there are many aspects of communication, it is a lot of work, it is more complicated than you may think, etc.

How does this relate to the Special Emphasis theme of “4-H Grows”?

What did you learn from this activity that you will keep in mind for the future?

**Sources:** Gussow, Adam. "Equally Frantic." *Thefoodproject.org*. Diversity in Action, n.d. Web. 17 Oct. 2016.

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