

Ball Toss

Equipment: 1 Koosh ball (or similar item), flip chart and marker.

Time: 10 minutes.

Outcomes: Gets participants to establish group norms.

Icebreaker Set-up: It is always a good idea to establish group norms before launching into a project. Each member needs to understand what behavior is expected and what behavior is considered disruptive. By having each member contribute one norm the entire group will have an agreed upon foundation and disruptions will largely be eliminated.

Facilitation: The group leader (facilitator) explains the concept of establishing group norms and why they are important to business meetings (respects others, increases productivity, reduces annoying disruptions). Each member has the opportunity to contribute one norm they consider important. If a member does not want to contribute any norms, they are free to pass.

Rules:

1. The ball must go to everyone in the room.
2. When you have the ball it is your turn to state a norm you want the group to abide by.
3. You may pass when the ball is thrown to you if you have no norms to contribute.

Facilitator note: Start the group off by stating a norm first. After you have stated your norm and written it on the flip chart, toss the ball to someone in the group. (A few good norms that sometimes don't get caught by group members, but are important to productivity are):

1. Turn cell phones off during meeting times.
2. We will begin and end all meetings on time.

As each norm is shared write it on the flip chart. Have someone compile all the group norms and pass the list out to each member. As a facilitator you can remind a person or the group of the norm if someone (or the group) is not abiding by the expectation.