

THE CHANGING BALL

Category: Warm Up Exercise

Age Group: Any age

Duration: 5-10 mins
depending on the size of the class

OBJECTIVE:

To enhance imagination and physicality by creatively transforming and reacting to the nature of an imaginary ball.

MATERIALS:

- Clear space for students to form a circle

STEP BY STEP GUIDE

1. SET UP:

- Gather your students into a circle.
- Decide whether the ball will be thrown around the circle or whether the teacher will stay in the centre, throwing it to each student and then receiving it back.

2. EXPLAIN THE RULES:

- The "ball" is imaginary, and each person must change its characteristics before passing it on. You can start with a real ball if you wish and then take it away for use of the imaginary ball.
- When you throw the ball, describe what it is (e.g., sticky, fluffy, heavy).
- The receiver must act out how it feels to handle the described ball before changing its characteristics and passing it to someone else.

3. START THE ACTIVITY:

- Begin with an example to demonstrate:

"This ball is so sticky!" (Act out sticking to it as you throw it).

The next person receives it as sticky, then changes it themselves: "This ball is so spiky!" and passes it on. Or throws the ball still being sticky back to the teacher and the teacher changes it.

- Encourage creativity and exaggeration as students throw the ball.

4. ADD VARIETY:

- Once everyone is comfortable, encourage students to add sounds or pair the ball's characteristics with actions (e.g., bouncing, wobbling). You can also add emotions.

5. CONTINUE PLAY:

- Keep the activity flowing, aiming for quick, seamless transitions between turns.
- Let it run for a few minutes or until everyone has had a chance to contribute.

TOP TIPS!

Encourage Exaggeration: Bigger, more dramatic actions make the exercise more engaging and fun.

Be Descriptive: Encourage students to use detailed adjectives or imaginative scenarios when transforming the ball.

Stay Engaged: React genuinely to others' descriptions and physicality to build group energy.

Use the Whole Body: Prompt students to involve their entire body when handling the ball—it's not just in the hands!

Quick Decisions: Keep the pace brisk to avoid overthinking, encouraging spontaneity and creativity.

ACTING ACHIEVEMENTS

Improved Physical Expression: Developed the ability to express an idea or concept through dynamic, physical movements.

Team Connection: Strengthened group interaction by engaging collaboratively with peers.

Range of Expression: Students gain confidence in exploring a full range of physical expressions.

Heightened Awareness: Increased sensitivity to the actions and creativity of others, encouraging stronger ensemble work.

Enhanced Creativity: Practiced thinking quickly to invent new scenarios, expanding imaginative capabilities.

Have fun with it!

