



WPI

Campus Center and Student Activities

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Bouncing Back

Group Size

Small, Medium

Estimated Time

2-3 Minutes

Materials Needed

One ping pong ball per table

Instructions

1. Organize participants at rectangular or round tables of five to ten participants
2. Give each group a ping pong ball which will be in their possession for the duration of the meeting or training session.
3. If there is more than one group, instruct them to mark their balls so they don't mix them with the balls of other groups.
4. Explain that they will be using their tables as ping pong tables and hitting the ball back and forth around the table. To do that each person will need to have a book, pamphlet, or similar item to use as a paddle.
5. If using the activity as an introduction to a topic, explain that you will give them a word that introduces a topic or concept. They then should spell out the word until someone misses, with each hit coinciding with the hitter saying a letter. For example, the hitters might spell out T-E-A-M-W-O-R-K. Play stops and starts over when the ball is missed by a player
6. Instruct groups to work for a personal group best within a two minute time frame by seeing how many times they can spell the word before missing the ball.
7. Tell them when to begin
8. After two minutes, ask each group to report its group best.

Resources:

West, Edie. 201 Icebreakers. McGraw Hill, New York, 1997. Page 250