



## Teamwork Thursday

# Group Juggle and Helium Stick

### Group Juggle

#### You need:

- 3-10 people
- 2-5 objects to toss

#### How to Play:

Everyone stands in a circle.

One person has an object and passes to another person while saying their name. Then the item is passed on to another until everyone gets the item. You can keep this order or change it up for a challenge.

Keep adding objects to make it more challenging. You can switch up the direction and keep going to see how long you can go without dropping an object!



### Helium Stick

This is harder than you think!

#### You need:

- At least 2 people (more people makes this more challenging)
- A long stick, tent pole, PVC pipe (not a broom because that has a weighted end)

#### How to play:

Everyone sticks out their index fingers at waist level, and the stick is rested on top.

Every finger must remain touching the stick as you lower it to the ground. The goal is to get it to the ground.

If at any time someone takes their finger off, you have to start over!

