

Paper Dodge Ball

Use: Ice Breaker, Afternoon Energizer, Welcome Back, New Hire Orientation

Purpose: This exercise is fun, it is silly and it is a reminder of one of the favorite childhood games. Use this as an icebreaker before an event, a refresher after lunch, a welcome back after a long weekend or a perfect way to get to know you game. This game is meant to allow the participants to get up and use their body and well as a little bit of their mind.

Materials: This exercise requires several sheets of paper, at least one sheet of paper per person playing the game. This can be played in a conference room, an office, over a desk, a dining table, a rec room, training room or living room. This game can even be played outside in good weather. Each team member will need a pen or a pencil.

Setup: It's so simple...I mean that! See below

- On each sheet of paper write a question. Keep the questions light and fun or centered around the theme of your meeting. A few example questions are included on the next page.
- Crumple up each sheet of paper into a ball!
- Choose the venue for a game. The venue should have room for two teams and a central line like a desk, conference table, tape on the floor to separate the two teams like a "court"
- Set Up complete

Activity:

- Separate the group into 2 teams. This can be played with 4 -100 people
- Ask each team to pick a side of the "Court"
- Divide the pieces of paper equally and distribute equal halves to each team.
- Explain that each team will be playing paper dodge ball. The goal is to get most of the paper balls on the other team's side before the round is over. Each round should last between 30 – 60 seconds. At the end of each round, the teams will open their paper balls and write down their name and the answer to the question on the paper ball.
- At the beginning of the next round, the team members ball up the paper again and start with the same rules above. Complete this cycle as many times as you like. I recommend a minimum of 7-10 rounds.
- At the end of the game, unroll the paper balls and give everyone a few minutes to read them. If you have time, allow everyone to share and discuss the answers. This info can be used as a way to connect with, appreciate or motivate team members.
- Post these in a public place for everyone to see and share for at least a week after the game. This is a great way to learn about the people you are working with in any capacity and it's just fun to throw paper!



Conclusion

I believe I said it best above so here it is again. At the end of the game, unroll the paper balls and give everyone a few minutes to read them. If you have time, allow everyone to share and discuss the answers. This info can be used as a way to connect with, appreciate or motivate team members.

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Question Ideas

If you could hang out with any cartoon character, who would you choose and why?

If you could add a word to the dictionary what would you add and what would it mean?

What clothing item would make you walk out on a date if someone wore it?

The zombie apocalypse is coming, who are three people you want on your team?

If you could choose your age forever, what age would you choose and why?

If you were to change your name, what name would you change to and why?

If you could meet any living person for dinner, who would you pick and why?

What is your most used emoji?

Would you rather have invisibility or flight?

If you were a vegetable, what vegetable would you be and why?

If you had to eat one meal every day for the rest of your life what would it be?

Coffee or tea?

What's the weirdest food you've ever eaten?

How do you like your eggs?

You have to sing karaoke, what song do you pick?

What fictional world or place would you like to visit?

What is your favorite TV show?

What are you reading right now?

What book did you read that changed your life the most?

What movie have you seen recently that you would recommend and why?

What is your favorite sport to watch and why?

What's the best piece of advice you have ever been given?

If you could change one thing about yourself what would you choose?

If you had to teach a class on one thing, what would you teach?

If you could eliminate one thing from your daily routine, what would it be and why?

If you could be guaranteed one thing in life (besides money), what would it be?

Would you rather lose all of your money or all of your pictures?

Would you rather be the funniest or smartest person in the room?

If you could pick up a new skill in an instant what would it be?

What's the best advice you've ever heard?

What is your absolute dream job?

