



Ball bath

Purpose:

The goal is to give constructive feedback and communicate in a group.

Timeframe: 10 min

Group-size: Up to 30

Age group: all age groups

Materials:

- 5 coloured bath balls
- (e.g. green, red, black, white, yellow)
- Timer/watch

Instruction:

Have a group discussion. Only the person holding a ball can talk. Each colour represents a certain mood. The goal is to give constructive feedback, even on things you dislike. Always try to explain why you like/dislike something.

- Red: talk about aspects you dislike
- Green: talk about aspects you like
- Yellow: summarise your emotions on the topic/the project
- Black: give a reason why you think the idea might not work
- White : give a reason why you think the idea might work

Source: DOIT



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