

Bouncing on the Ceiling

Purpose: To work together to score points by bouncing a balloon on the ceiling as many times as possible in one minute. The opponent is gravity.

Requirements:

- **Time:** Each game is 60 seconds long.
- **Number of Players:** At least 2
- **Age Requirements:** Old enough to play holding hands or a rope
- **Space:** An open space that does not have high ceilings
- **Equipment:** Regular balloons (1 per group of 3), timer, EnTeam score sheets, and rope tied into a circle (optional)
- **Prerequisites:** Ability to pass a ball with others

How to play the basic game in pairs

1. Two players decide whether they will hold hands or hold a rope tied into a loop.
2. When the clock starts, the players work together to hit the balloon to the ceiling.
3. Each time the balloon touches the ceiling, they learn one point.
4. Each time the balloon hits the floor, gets kicked, or players let go of hands or the rope, the score is minus one point.

How to play in teams with score sheets

1. Form teams of 3 people per team. Write the name of each person at the top of the score sheet in one of the boxes: A, B, and C.
2. Start with Person C as the Observer and Scorekeeper. Persons A&B hold each other's hands (or hold the rope with all four hands).
3. When the clock starts, the Observer tosses the balloon so players can bounce the balloon on the ceiling as many times as they can in 60 seconds.
4. After the first minute of play, the Observer records the positive and negative scores and answers on the [coaching chart](#). Players talk with the observer and prepare for the second minute of play.
5. After the second minute, the Observer finishes the coaching chart and team plans together.
6. Repeat the process with a new Observer. Each person has a turn as an Observer.

Rules: (You are free to use any strategy that does not violate these rules.)

1. Before the game starts, players decide whether they will hold both hands with another player or both hold the rope with both hands. (Both hands must be connected to either the rope or the other player.)

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2. Scoring can only take place when both players are holding both of the hands of the other player or both holding the rope with both hands.
3. Each game is one minute.
4. If a player lets go with either hand, or kicks the balloon, or the balloon touches the floor, restart play.
5. Scoring is continuous. If play stops and then resumes, scoring resumes and does not restart at zero.

Scoring

You score one point each time your team's balloon touches the ceiling provided you are holding the rope or hands.

Score one penalty point (a negative point) each time:

- The balloon touches the floor
- The balloon stops moving freely and independently
- The balloon gets kicked
- The circle is broken by someone letting go of a hand. All hands must hold another person's hand or the rope. No hands may be free when scoring points.

Do not score more than one penalty point in five seconds. For example, if the balloon hits the floor and you let go of hands to pick it up, score only one penalty point if you can resume action within five seconds.

Winning: After each minute of play, add scores for all teams. Everyone wins if the combined scores increase each time you play. Everyone loses if the scores don't improve. Your team is responsible for keeping score and for enforcing the rules.

Debrief Questions

The purpose of debriefing is to develop strategies that will improve your performance and to recognize how these lessons apply to everyday life. To facilitate a successful debrief, facilitators must observe participants and ask engaging questions that spark important conversations. If we don't debrief, we don't learn!

What happened?		
What did you see/hear? What was the score?	What worked? What didn't work?	How did people feel? What issue(s) came up?
So what?		
What did we learn?	How does this experience relate to other experiences?	Why are we doing this? How is it relevant to us?

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Now what?		
How could we improve our score in this activity?	How can we work together better?	How could we apply lessons learned elsewhere?