



# Teen Leadership 20

## Intended Audience:

- Teens

## Lesson Objectives:

Participants will:

- Learn to grasp the idea that there is a limit to how many things they can juggle in life.

**Time:** 20 minutes

## Equipment and supplies:

- Tennis balls, bouncy balls or other soft objects that are easy to toss and catch. You should have at least one item per person.

## Do Ahead:

- Gather supplies

## Juggling Life: Learn to say No

### BACKGROUND

Oftentimes teens (and adults) find themselves getting buried in activities and schoolwork. There are so many options available to keep teens engaged and active – sports, clubs, jobs, civic groups, 4-H, Scouts, church, friends, etc., that it is difficult to handle all of the opportunities that are given.

Understanding how much you can handle and when to say no is a hard task for many. Learning when and how to say no in a tactful and respectful manner can be a skill that will benefit teens into adulthood.

### WHAT TO DO

#### Activity:

The game we are using is called group juggling, but we are going to adapt it to Juggling Life!

The group should form a circle. Have each person in the group identify themselves as a task, (i.e. Homework, Track, Spanish, FFA, 4-H, church, piano, basketball, etc.). The activity they choose to call themselves will be used instead of their name when tossing the ball around the circle. Another variation of this activity would be to have tennis balls (or other items) with the tasks written on them ahead of time.

The leader will begin by passing a ball or object to another person in the group (and saying the person's activity as they are throwing the object to them). The person they have thrown the ball to will then throw the ball to another person in the circle and say the person's name (activity they chose). This continues until the ball has been thrown to each person and is then thrown back to the leader. Each person should only have the ball once. Once this pattern is formed the leader will continue to add more objects into the circle until multiple objects are being "juggled."

**Object:** To juggle as many objects as possible within the circle trying to keep all of the objects off the ground. A good goal is to get up to juggling as many objects as you have people.

**Rules:** Throw the balls/objects easy.



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Design Team members

Variations: You may have to stop the group in order to “re-group” and come up with a plan for improvement. See how many objects are being “juggled” and try to juggle more objects than you have already accomplished.

**TALK IT OVER****Reflect**

- What makes this task difficult?
- How did you accomplish the task successfully?
- Was there a point where it became hard to handle so many “tasks”?
- Did you speak up and say “No” when you felt like you couldn’t successfully handle any more tasks?
- How do you prioritize your tasks?

**Apply:**

- Think about what activities you try to juggle every day.
- Would it be easier for you to handle activities on your schedule if you had less to juggle?
- Would you be able to complete the tasks more effectively if you had fewer tasks?
- Be able to assess your priorities and then see how what you are doing every day affects those long-term goals.
- Be aware of the time it takes to accomplish tasks that you agree to, and be cognizant that we often underestimate how long things take.

*Please take time to complete the Participant and Facilitator evaluations, found online at [go.osu.edu/TeenLeadership20](http://go.osu.edu/TeenLeadership20).*