

# Bull Ring Activity

**Materials:** Bull Ring Set

## Focus Area

- Teamwork
- Group dynamics
- Communication
- Relationship to working with small groups
- Managing delicate information/tasks
- Facilitation of someone else's learning process

## Time Needed

- 45 minutes

## Group Size

- No more than 20 per bull ring set

## Directions

- Make sure you have an open space to lay the bull ring out
- Place the bull ring in the center of the room and have the group work together to pull all of the strings out like a sunshine
- Once the bull ring is laid out, place the tennis ball in the center of the ring
- Place the cup somewhere at the opposite side of the room
- Group works together to pick tennis ball up and transport it using the bull ring
- The goal is to safely get the ball into the cup without dropping it
- If they drop the ball, they have to go back to the beginning and start over
- They are not allowed to touch the ball at anytime except to place it back on the ring
- They can only touch the strings
- To make it more challenging, once the group is moving:
  - You can take away sight or talking from participants (ex: everyone wearing jeans can't talk; if you are wearing flip flops you can't see; take "speaking" away from folks who are talking or dominating the conversation)
- Once the group gets close to the cup, move it to another location (this will resemble "change" – you can use this when you debrief)
- Activity is over when they get the ball into the cup without knocking the cup over (feel free to adjust level of difficulty depending on the group needs)

## Debriefing Questions

- How did it feel to do this activity?
  - Communication
  - Changing the scenario and the surroundings
  - Challenging you – taking you out of your comfort zone
- Did you find it challenging? If so, what did you find challenging?
- How does this relate to working in a team setting?
  - Helping others to find their strength
  - Trusting others
  - Trusting in the unknown – trying things out – giving everything/everyone a fair chance

- Working together to achieve the goal/task
- Valuing the journey it took to get there
  
- What did you think of the group dynamics and how did changing the “situation” or the “surroundings” impact the team and accomplishing your goal?
  
- What did it feel like when the cup was moved?
  
- How does this activity resemble things like: mission completion, having your voice heard, getting the ball in the cup, working together as a team, finding the best solution, hearing everyone, etc.)

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These resources have been adapted throughout the years. If you know the origin of any of these activities, please feel free to let us know so we can list the proper citation. A special thank you to the students, faculty, and staff who have contributed over the years.

