



# Energiser - The ball asks



## Project phase

Sustainability and exploitation.



## When (Transition Lab Steps)

Complementary methods for Workshops.



## Purpose

The ball asks is a great energizer activity for people to get to know more about each other.



## Suggested session duration

Time frame: 15 minutes (depending of the number of participants)



## How

### STEP 1

Start by holding a ball and explain the game.

### STEP 2

Throw the ball to a person and ask a question (to be answered by whoever took it)

### STEP 3

Repeat a few times (the person who answered throws the ball to someone else). Below are a few questions to be used:

- If you were a city, which one would you be? Why?
- If you were a flavour, what would you be? Why?
- If you were some fruit, what would you be? Why?
- If you were a type of pasta, what would you be? Why?
- If you were a Disney princess, which one would you be? Why?
- If you were a computer brand, what would you be? Why?
- If you were a sense, what would you be? Why?
- If you were a Marvel hero, which one would you be? Why?
- If you were a fish, what would you be? Why?
- If you were an animal, what would you be? Why?
- If you were a vehicle, what would you be? Why?



## Remote advice

### Online tool:

Link: <https://app.funretrospectives.com/agendas/-MvY0Dj7iDUVubxNwuqo#mainCourse>  
Use the videoconferencing tool of your choice, then share your screen after clicking on the 'Start Now' button below (it contains a roulette with the questions listed above); use an imaginary ball and say the name of the person you are throwing the ball at. Click on the roulette. The person answers, then throws the imaginary ball to another person.



## Source

<https://www.funretrospectives.com/the-ball-asks/>