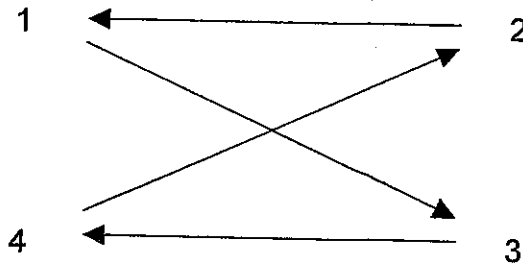


## "Paper Toss" Energizer

**Note:** Below are instructions for the "Paper Toss" energizer, which is not currently in the "Discovering Gifts" book.

**Materials:** One 8 x 11" piece of scratch paper for each person

Have participants sit in chairs or stand in random groups of four, facing each other in a square formation. Ask the groups to number off 1, 2, 3, 4. Give each person an 8 x 11" piece of paper and tell them to crumple their papers into tight wads. Persons 2, 3, and 4 place their wads on the floor at their feet. Then instruct the groups to begin tossing their wads in this formation: #1 tosses her paper wad to #3, #3 tosses to #4, #4 tosses to #2, and #2 returns it to #1. Have the groups practice this pattern several times. When they are comfortable tossing one wad of paper, person #2 adds his wad into the action using the same pattern. Gradually, after each level is mastered, person #3 and #4 add their wads. The goal of this energizer is to have all four wads going around at once.



**Option:** Instruct groups to create their own patterns with as many tosses as possible going across the circle.