



13+



15-20
min



5-8



You need

3

The Ball game



Objective: Introduce topics of cultural norms, exclusiveness, and inclusion. Create a space that promotes teamwork.

Materials: At least two soft bean ball, music from a phone or loudspeaker, scarf or blindfold etc.



Step 1: Establishing Cultures

- Participants stand in a circle. Silence is required while music plays. Music signals the beginning of the game.
- One ball is given to a participant. It is passed silently and randomly until everyone has received it once. The last person passes it back to the first, completing the pattern. This pattern is then repeated continuously.
- More balls can be added, following the same pattern.
- When the music stops, the game ends.

Step 2: Debrief

- The facilitator leads a short break.
- Participants reflect and discuss how the passing pattern was created and followed.

Step 3: Introducing Elements of Diversity

- Participants return to the circle and repeat the game with the same passing order.
- While the game is ongoing, the facilitator introduces challenges to simulate diversity and disruption, such as:
 - Tying one participant's arm behind their back
 - Blindfolding a participant
 - Making a participant sit on the ground
 - Turning a participant to face away from the circle
- These changes create difficulties, especially for those affected.
- The facilitator stops the music to end the game.



Step 4: Addressing Diversity and Inclusion Within a Culture

- The facilitator leads a debrief to explore the impact of the introduced challenges.
- Key reflection questions include:
 - How did it feel to have fewer opportunities than others?
 - Did others try to include the challenged participant, or were they excluded?
 - What non-verbal strategies supported inclusion?
 - How did non-challenged participants perceive those with challenges – with concern, amusement, indifference?
 - Were there attempts to adapt the rules or change the routine to be more inclusive?



Civil Connections
Building robust communities



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Background information for the facilitator

“Culture is a generalization about how a group of people coordinate meaning and action among themselves.” – Anthony Bennett

Culture is not limited to ethnicity, skin color, or tradition. It’s the shared system of behaviors, expectations, and understandings that a group creates—often unconsciously—to function together. In this activity, the pattern established for passing a ball becomes a metaphor for culture. It represents shared rules and expectations reinforced through repetition.

Institutions such as politics, religion, or social norms mirror this by maintaining and legitimizing these shared systems.

When someone is placed in a position where they can no longer follow the cultural pattern—due to a physical limitation introduced in the game—they often become viewed as an outsider or a burden. This highlights how disability can itself form a distinct culture, with its own perspectives and adaptations.

The game challenges participants to consider: will the dominant group (the “abled”) adapt to include those who are different, or will the culture continue unchanged, leaving some excluded?

