

Passing Greetings

From *Ryhmä toimivaksi* by Laura Jääskeläinen

DURATION: 5–15 MINUTES

MATERIALS: A “TALKING OBJECT”, SUCH AS A BEANBAG, BALL, STUFFED TOY, OR CRUMPLED PAPER

In this activity, participants send and receive greetings. The group sits in a circle. The first person throws the talking object randomly to someone else and says: “I got greetings from the teacher and I’m sending greetings to Oliver” (then throws the object to Oliver).

The object must always be passed to someone who hasn’t received it yet. Once everyone has had a turn, the final throw goes back to the teacher.

LAURA’S TIP:

In circle activities where everyone eventually gets a turn to speak, a “talking object” can help clarify whose turn it is. It supports listening, reduces interruptions, and creates structure.

In this activity, participants don’t know exactly when their turn will come, since the object is passed at random. This can ease anxiety for some students—it shifts the focus away from anticipation and allows them to stay more present in the moment.

Hi! I’m Laura Jääskeläinen

I’m a teacher turned group dynamics coach from Finland. This activity is from *Ryhmä toimivaksi*, my bestselling Finnish guide to building safe, connected classrooms. An English edition is on the way.

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