

The Basic Toss

Tossing is a game of giving and receiving invitations to play. Tossing creates rich conversations.

Questions to wonder into as you explore the basic toss with a play partner:

- Hmmmm....who starts the play? (Decide who is EXPLORER and PLAY PARTNER)
- How much fun can we have sustaining the play?
- How can this conversation move us in surprising directions?
- Hmmmm....how do we stop the play?



PLAY PARTNER invites EXPLORER to "Tell me about something you want to _____". (Fill in the blank with a fun verb like create, change, let go of, breeze through). Then, toss an imaginary or real balloon to your partner, inviting them into conversational play.

EXPLORER responds with whatever bubbles up. Talk with your whole body. Breathe. Toss that balloon back.

BOTH: Keep that imaginary or real balloon in play as PLAY PARTNER offers the following 3 Play Invitations. NO AD LIBBING. You may jump around, tossing these 3 phrases in any order and as many times as you like:

- Tell me more
- Then what happens?
- What interests you most about that?

After 10 minutes, switch roles and play again.

You're kidding. That's IT? Playful conversation can be that easy??? Enjoy the surprises.