

Circle Sway

Type: _____ Introductory X Working _____ Closing _____ Game

Optimum Group Size: 5 - 15

Materials Needed: None

Outline of Activity:

Entire group stands in a circle with one person standing in the middle. The person in the middle of the circle should cross his/her arms across his/her feet in the same spot while falling towards someone - with his/her eyes closed. The people in the circle should keep their hands in front of them and gently push the person around the circle.

Goal:

Learn to trust people by taking risks with them.

How to Process:

Discuss the problems or fears the middle person had, and how or if that person overcame them. Discuss the problems or fears the members of the circle had, and how or if they overcame them.

How did you feel when you were in the center? On the outside?

What is needed to do this?

What would make it easier for us to do this?

What have you learned about yourself? About others?

Source or Submitted by: Unknown