

Balancing Act

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| Impact: | Challenges a group to practice teamwork through balance, strength, and rhythm |
| Risk: | Medium |
| Group Size: | Unlimited, but must be an even number |
| Time Required: | 5 to 15 minutes |
| Materials: | None |

Directions:

- Form a circle, with all participants facing in and holding hands. Stand closely together, almost shoulder-to-shoulder. Count off around the circle, alternating “outs” with “ins.” On the count of three, all “ins” lean forward, and all “outs” lean back. If everyone keeps his or her feet stationary and body rigid, the circle will remain intact by the linked hands. Try leaning a little farther and see what happens.
- Once the group has mastered balancing statically, see how fast everyone can rhythmically move in and out and still keep the circle together.

Discussion:

- Were you able to lean in or out and still keep your balance and stay connected in the circle?
- What did you do if someone else lost his or her balance or had to let go of the next person’s hand? How did losing the connection affect the whole group?
- What changed when the circle began moving rhythmically?
- What does this activity say about our ability to remain fluid and flexible while maintaining our connection to each other and our community?