

Lean on Me

Impact:	Builds teamwork and trust through a simple activity
Risk:	Medium
Group Size:	Unlimited, but divide into pairs
Time Required:	10 minutes
Materials:	None

Directions:

- Each person finds a partner and faces him or her with feet spread at shoulder's width. Participants then extend their arms straight before them and place their hands on their partners' shoulders.
- Participants then drop their hands from their partners' shoulders and hold their hands in front, chest high, with palms facing out and arms slightly bent. Keeping their bodies rigid, both people tip forward and stop each other's fall with their palms. Then they immediately push off and spring back into an upright position.

Caution: Play this game on a soft surface, in case someone falls.

Discussion:

- How did it feel to fall forward and depend on your partner to catch you?
- What happened if you and your partner didn't catch each other's fall?
- How did you feel about trying to catch one another again if you missed one another the first time?
- Were you and your partner mismatched by height or weight? If so, how did this mismatch influence your feelings about and approach to the game?
- If you and your partner were physically mismatched, did you find a way to do the game anyway? If so, how?
- How could this activity help people find ways to support one another and develop strategies for achieving their goals?