

## Peel Off

**Impact:** Gets a group warmed-up through a fun, energetic, physical and suspenseful game; can also be used as a name game

**Risk:** Low

**Group Size:** 12 to 30

**Time Required:** 10 to 20 minutes

**Materials:** None

### Directions:

- Form an inner circle and an outer circle with equal numbers of people in each circle. All participants face the center. Each person on the outer circle stands directly behind someone in the inner circle, thus creating a pair.
- Choose a "Runner" and an "It." The "Runner" and "It" start at opposite sides of the outer circle and try to tag each other by running around the outer circle. When the "Runner" becomes tired or wishes for a break, he or she dashes to the inside of the inner circle and stands in front of a pair of players. The "Runner" then becomes the inner member of this pair, the inner member becomes the outer, and the former outer pair member becomes the new "Runner," who then dashes off around the circle. If at any point "It" catches the "Runner," their roles are reversed.
- To make this a name game, the "Runner" who is joining a pair shakes hands with the person standing behind him or her, and both introduce themselves.

**Hint:** This is a good game to play with a new group. It is low risk and lets people meet each other one at a time.

### Options:

- Allow people to run inside and outside the circles.
- Make a rule that when the leader or anyone yells, "Switch!" the "Runner" and "It" must change roles.
- Allow "It" to join a pair, and transfer the "It" role to the person on the outside as well. The "It" must introduce himself or herself as well.