

Rise and Shine

Impact:	Tests peoples' ability to work together in order to accomplish an ever-increasing physical challenge
Risk:	Medium
Group Size:	Unlimited, but start with pairs and increase group size one person at a time; anything over eight is a great accomplishment!
Time Required:	5 to 15 minutes
Materials:	None

Directions:

- Each participant finds a partner of approximately the same size. All pairs sit on the ground or floor facing one another so that the bottoms of their feet are touching sole-to-sole, knees are bent, and hands are tightly grasped. While maintaining full contact with their partner's hands and feet, the pair members then pull themselves up to a standing position.
- After a success, the pair seeks a third person and tries standing up with three people, then four, etc., until the entire group eventually tries to stand up at the same time. To rise successfully, all group members must lift their backsides off the floor at the same time.

Caution: If players are of very different sizes and weights, either match similarly sized players together on one team, or suggest that the large players intersperse themselves with the smaller people in the circle that is trying to get up. If the heavy players group together on one side of a circle, there is the risk that they will pull the others over on top of them.

Discussion:

- How did the pairs and then groups solve this problem of rising from the floor together?
- Which strategies worked best?
- Did a leader emerge in each pair or group? If so, who was it, and how was he or she designated as the leader?
- Were the weaker people helped by the stronger ones? If so, how?
- Could this activity be done by a group of 20 or 30? Why or why not? If not, what changes would have to be made to allow a large group to accomplish the task?

Options:

- Ask players to sit back-to-back and then try standing. *Caution:* For safety reasons, don't link arms!
- Play the game with eyes closed.