

Stand-Off

Impact:	Offers people a fun, physically challenging game that combines strategy, balance and strength
Risk:	Medium
Group Size:	Unlimited, but need an even number
Time Required:	5 to 15 minutes or longer
Materials:	None

Directions:

- Pairs of players stand approximately 18 inches apart, facing one another. Each individual stands with his or her own feet together. Using only their hands, players must try to push their partners off balance. They may touch only each other's hands and may not grab onto and hold their opponents. After one or two tries, players switch partners.
- To create a competition, have people who won compete against other winners until there is one champion.

Hint: Strength is not the key to winning this contest.

Discussion:

- What is the key to winning this game?
- How did you feel when you lined up against your partners?
- Before the contest began, did you think that you would win or lose? Did your prediction come true? Do you think your assumption about your abilities influenced the outcome?
- Try telling yourself the opposite story of what you originally had in mind about winning or losing the contest. Play the game again while truly believing this new interpretation.

Option:

- Participants play *Lean on Me* (on page 121) simultaneously and discuss the differences between cooperation and competition.