

Energizer: Standing in Pairs

(20 minutes)

1 of 1

FACE THE FAST

Activity Summary

Participants have to work together to stand up while locking their arms behind their backs.

Materials Needed

- Large open space

Procedure

- Ask participants to pair up and spread out in the activity space.
- Each pair should sit down, back to back, with their backs touching.
- Have each pair lock elbows.
- Instruct pairs to stand up together without using their hands and keeping their elbows locked.
- If this is too easy for pairs, have them try this in groups of four, six or eight.