

Go, Stop, Fall:

This exercise is great for building whole group awareness and a sense of team. There are three commands: - Go: walk around the room - Stop: stop and freeze in position - Fall: slowly fall to the floor and begin rolling around After modeling the three moves, ask the group to “Walk” then “Stop” then “Walk” the “Fall”, etc. Play around with these three moves. Take your time with this so they don’t get too exhausted. Part 2: Ask a participant to take a turn as director and call out the commands. Let two or three participants take a turn as director. Part 3: Now ask group participants to randomly call out commands. Warn them not to go too fast (they probably will anyway and you’ll have to stop and ask them to notice what’s happening). Part 4: Ask the group to indicate the commands non-verbally. IE. Someone in the group just starts walking and everyone follows; someone else stops and everyone follows, etc. you can stop at anytime in this exercise to reflect on what’s happening. For example: “What happens when too many people shout out commands too close to each other?” “How do you effectively let the group know what to do without talking?”