

Group walk and stop:

Have the participants start walking around the room. Tell them that when you clap your hands they must freeze and when you clap again they can start walking again. Do this a few times and then tell them that you aren't going to clap anymore. They have to feel when the rest of the group is stopping and all stop at once. Make sure no-one is trying to lead. This really gets people in tune with each other and is quite magical if it works well.