

TITLE: Circle Up

IMPACT: Teambuilding, problem solving, fun, energizing

RISK: Low, involves some physical contact

GROUP SIZE: 10 or more

TIME REQUIRED: 10 – 15 minutes

DIRECTIONS:

- Ask the participants to get inside a circle so that no one's feet are touching the ground outside of the circle.
- Once everyone has accomplished that task, the facilitator should applaud them and then remove 2-3 of the circles.
- Those participants who have lost their circle, now must join other circles. Again no feet can touch the ground outside of the circles.
- The facilitator continues to remove circles until only one is left. At this point everyone must try to fit their feet in the remaining circle. The more creative the solution, the better.

DISCUSSION:

- This activity can be used as a starter for a discussion on inclusion if a group is having difficulties working together.
- It can be used as a way to talk about diversity and the challenges and benefits of multicultural communities.

HINT: Make sure this is done on a safe space where there are no obstacles to hit if people fall over.

