TITLE: Motion and Commotion

IMPACT: Energizes and breaks ice in a new group

RISK: Low to moderate

GROUP SIZE: Any number

TIME REQUIRED: Around 10 minutes

DIRECTIONS:

• The group stands in a circle.
• One person begins by creating a motion and sound.
• The person to his/her right repeats this sound and motion, followed by the next person, until the motion and sound have traveled around the circle back to the original creator, who then does the motion and makes the sound for a second and final time.
• Then the person to the right of the first “creator,” creates his/her own new sound and motion, and these then travel around the circle.
• This activity happens at a fast pace and high energy level. It continues until everyone has created an original sound and motion.

OPTION: Can also be done as a name game where the sound you create is your name.