

EVERYBODY UP

ICEBREAKER ACTIVITY



INSTRUCTIONS

SIT ON THE FLOOR IN PAIRS FACING EACH OTHER. EACH PAIR IS TO HOLD HANDS AND TRY AND STAND UP WITHOUT USING ANYTHING TO ASSIST THEM GETTING UP OTHER THAN THEIR PARTNER. IF SUCCESSFUL THEY MAKE GROUPS OF FOUR THEN HALF THE CLASS THEN PROGRESS TO A FULL CLASS, TO SEE IF THEY CAN STILL COMPLETE THE ORIGINAL ACTIVITY AS A COMPLETE CLASS. NOT ONLY IS THIS A GREAT ICEBREAKER ACTIVITY, IT IS ALSO A FANTASTIC TEAM BUILDING EXERCISE AS WELL.



BreakAppz



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