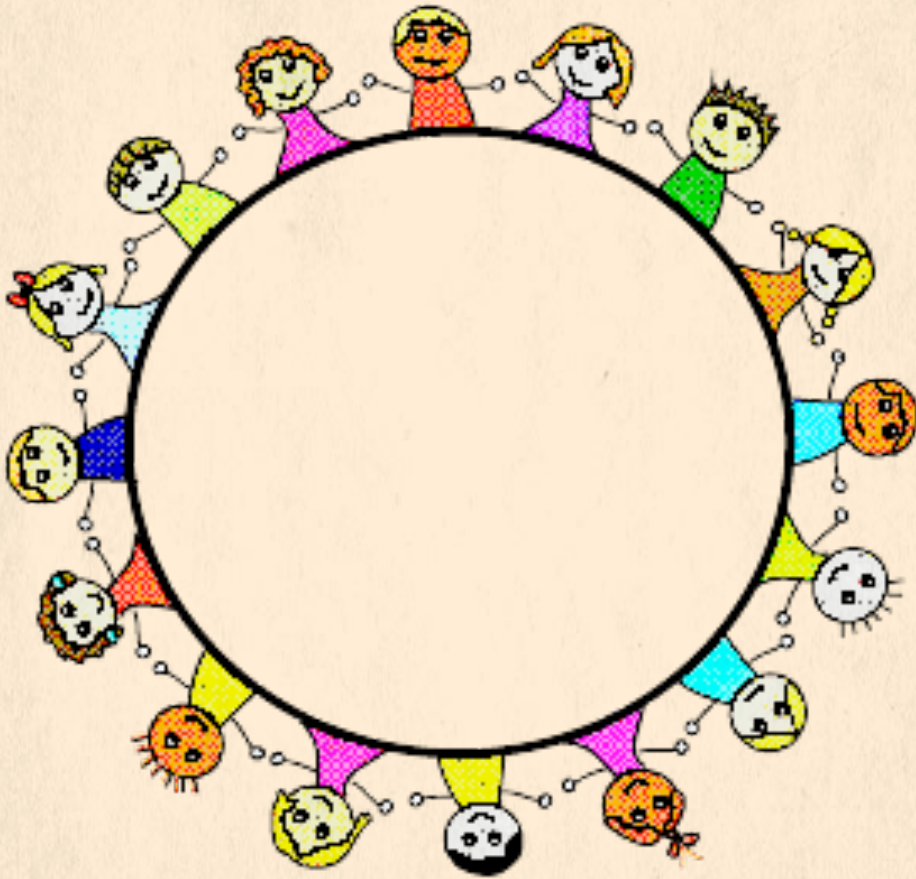


IMPULSE

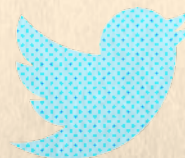
ICEBREAKER ACTIVITY

INSTRUCTIONS

THE CLASS IS ARRANGED IN A CIRCLE WITH EVERYONE HOLDING HANDS. ONE PERSON IN THE CIRCLE WILL BE THE START AND THE END POINT FOR THIS ACTIVITY. NOW YOU HAVE TO TIME THE GROUP TO SEE HOW FAST THEY CAN SQUEEZE EACH OTHER'S HANDS GOING ROUND IN A CIRCLE GETTING BACK TO THE START POINT. STOP THE TIMER WHEN IT GETS BACK TO THE START POINT. THEN DISCUSS WITH THE GROUP HOW THEY MAY DECREASE TIME IN THIS ACTIVITY.



BreakAppz



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