

Take a Load Off

Number of People	Approximate Time	Items Required
Unlimited	Up to 5 minutes	—

This exercise works best with large groups, such as a group meetings held in hotels where there is a large amount of room. It also lets people move around and shake off that afternoon sleepiness after lunch.

1. Form a line side by side and try to arrange it so the line loosely starts with the shortest person and ends with the tallest person.
2. Instruct everyone to make a quarter turn so everyone is facing the back of another person.
3. Each person places his or her hands on the shoulders of the person ahead of them.
4. Everyone then sits on the knees of the person behind them.



Make sure the shorter people are at the front of the line before anyone sits, otherwise the whole line might tumble to the ground.