

Tag

Number of People	Approximate Time	Items Required
Unlimited	10 minutes	—

This exercise helps to shake off that tired afternoon feeling. It works best in large open spaces, although boundaries or rules may need to be put in place.

1. Starting with the facilitator he/she tags someone and locks arms with the person.
2. Jointly the tagged team attempts to tag someone and when they do that person locks arms with the tagged team.
3. The tagged team attempts to tag someone else, and as each person is tagged, he or she locks arms with the others.
4. The game is completed when everyone has been tagged.