

Trust Circle or Willow in the Wind

One person stands in the middle of a shoulder-to-shoulder circle of 10 - 12 people. This person crosses their arms, closes their eyes, and stays very stiff.

Trust circle participants hold up hands, fingertips touching the person in the center, feet braced in a front-to-back stance (spotting position). The person is passed gently around the circle.

Note: The participant should choose a person to catch them first. Use the "ready to fall," "fall on" calls!

Cookie Machine

The group forms 2 lines shoulder to shoulder, facing each other, and about 2 feet apart. Everyone lifts their arms out in front of them, alternating arms with people in the other line.

The first person then runs and dives on to the bed of hands. The group then bounces and flips (rolls) the person to the end chanting the person's favorite cookie, "chocolate chip – chocolate chip" or "peanut butter – peanut butter", (for example)

Assistant helps the person off the line.

Port Hole:

Materials needed: A tire or circle (hula hoop) suspended in the air.

Object: Get the entire team through the hole. This element is usually done before the spider web, and after the cookie machine. Head always above feet!! It is also one of the first elements because of its straight forward problem and simple planning process.

Story line most common used is you are leaving a sinking ship (time factor) to get to the life raft. Make it more difficult by not allowing participants to touch the hoop.