

Inspire! Ice Breakers & Openers



Activity: Balance

Overview

"Balance" is a game of dexterity and flexibility. Pairs attempt to move their partners off their center of gravity, causing individuals to take a step forward or back in order to regain their balance. The activity is played with partners facing each other, hand-to-hand, and involves gentle pushes and retreats. The only measure of success is how much fun participants are having.

Props

- None.

Instructions and Key Points

- Request that group members find a partner and stand, facing one another, about a foot-and-a-half apart.
- Partners should put their hands together, palm-to-palm.
- When you say "Go," the pairs will attempt to force the other person to lose her or his balance.
- The motions should be slow and consistent, and hands must remain in contact with palms flat.
- Let pairs play a few rounds and then have them find another partner.
- In the second round, partners' hands should not be touching. Yet, as they did before, participants maneuver to push their partners off balance, but this time with soft bursts of hand-to-hand nudges.
- Players may also pull back as their partner pushes, causing them to falter forward.
- Allow your group to play many times using both variations for maximum fun and entertainment.

Safety

Watch for players being too rough and taking this game too seriously. Be mindful about people falling, slipping, grabbing another's hands too tightly, or scratching someone with jewelry (especially rings and watches). Safety is the number one concern.

Variation

Try palm-to-palm with hands separated, but this time in a squatting position, like a baseball catcher. This variation reduces some of the dangers of people falling from a standing position and makes it easier for people to push one another off balance. Insist on soft pushes in this variation, you do not want people falling onto their backs.