

Title

Circle Runner

Source

Method presented during the International Trainers Laboratory, October 2001, by Tony Geudens (Belgium)

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Field/Content

Movement Game

Duration

About 5 - 10 minutes

Participants

Open

Aims

- To break the ice
- To energize the group

Materials / Resources

Nothing

Preparation

None

Methodology

Everybody walks around the room and takes one other person of the group in their mind. At a sign of the facilitator, everybody should run three circles around the person they had in mind.

Evaluation / Debriefing

None

Variants