Building Community - Team Builders

Focus and Concentration 2

Pass the Rhythm
Everyone stands in a circle. One person begins by modeling a clap (the rhythm), then turns to a person next to them (we'll say to the left) and they must clap the rhythm together while looking at each other in the eyes. The person who just received the rhythm now turns to their left and does the same action with the person on their left. This continues until the rhythm returns to the person who began the rhythm.

Pass the Pulse
Everyone stands in a circle holding hands with their eyes closed. The leader is the generator of the pulse. The leader starts with passing the pulse by squeezing the hand of the person to their right or left. The person who just received the pulse is now the conductor and passes the pulse to the person on the other side by squeezing that person's hand. The pulse should travel around the circle a couple of times the leader passing it just like everyone else. When this pulse is traveling, you can send a new pulse. Then game ends when the leader progressively stop all of the pulses.

Pass the Motion
The group gathers into a circle and sits facing in. To begin, everyone extends their hands to the center of the circle with their palms up. The leader slowly curls their fingers, one by one, from the left to the right. Then, the person to their right curls their fingers up in the same manner, and then the next person in the group, and then everyone continues around the circle. The motion should pass smoothly and fluidly. After the wave returns to the leader, you can pass another motion (perhaps uncurl the fingers) and add a sound. Then, you can pass any other motions, like standing up, raising your hands above your head, jumping, or whatever you think of. As leader, you are in control of the energy level. If things get a bit too energetic, you can return to the original finger rolls.

Pass the Face
Everyone stands in a circle. Starting with the leader, they make a noiseless face to the person next to them. The second person mirrors the face back to the first person. Then, the second person turns from the first person melting away the mirrored face and making a new face as they face the third person. The third person mirrors the face of the second person. This continues around the circle. As the group improves, there should be no lag time between each passed movement.

Pass the Object
Everyone stands in a circle. The leader begins with a single imaginary object. You establish, through physically modeling, what the object is. You then pass it to the person on your left (or right), who then continues passing it in the same direction.