

Circle of Friends™

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Potential Theme/Time: Warming up, Sharing your voice, Confidence, Problem Solving; 15-30 minutes

Organization: Players are in a circle. A few players run to the middle, touch the cone in the middle, change directions and find an outside player. They greet the outside player; take their place on the outside and the outside player runs to the middle to find a different player. The exercises continually change (high knees, side-shuffle, skipping, pretending to be an animal, etc.).

Sample Discussion Questions: Why do we play in a circle? What is different playing in a circle than in lines? How can we fix the game if it slows down because less people are in the middle? Why are we using our voice? What can we do to keep the circle even and closed at all times? What are you learning about each other, about your community?

Possible Progressions: Players jump or do different actions in the middle when they get to the cone. Introduce themselves (favorite food, dream superpower, role model, etc.) and do fun greetings (funny dance, favorite animal noise, etc.) on the outside. You can make the exchanges themed: sexual health (i.e. healthy/unhealthy choices), child rights, women's rights, leadership qualities, social issues and solutions, etc.