Relaxation

Format > Winding down

**Body parts** – players shift their awareness with relaxed breathing to body parts: Starting on the right side – hand, lower arm, upper arm, shoulder, chest, back, hip, buttock, upper leg, knee, lower leg, foot. Then repeat on the left side.

- How does focusing on your various body parts make you feel?
- Go outdoors. Instead of focusing on body parts, ask students to focus on parts of the environment they could see/feel/touch/smell. Ask them in what ways they feel different, compared to when doing the activity indoors. Which do they prefer and why?
- Ask students when and where else could you use this relaxation activity?

Format > Short focused challenge

An activity of anticipation – players can do any of the following in attempt to get their partner off balance:

- gently circle, hands touching
- push rapidly without warning
- pull arms away rapidly without moving.

It’s a good idea to have a minimum number of slow and relaxed circles before pushing or receding, e.g. 10 circles.

- Change standing position e.g. staggered, narrow or wide stance, stand on one leg.

Format > Low-intensity trust or cooperative activity

Try these:

1. **Circle and push or retreat**

2. **Stretch**

3. **Step in and out**