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.

Circle and push or retreat

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.

Relaxation

Choose one activity and keep it short.

Try these:

- Stretch
- Step in and out
- STOP!

Trust me!

FORMAT > LOW-INTENSITY TRUST OR COOPERATIVE ACTIVITY