

# Movement Challenges & Games

## LEADING

- The aim of this activity is to lead your partner, with their eyes closed, around an area using only a touch pressure.
- Students stand in pairs facing each other with right arm raised and bent slightly at the elbow. The back of each student's right hand faces the other student's hand with wrists touching.
- Students explore getting and maintaining a consistent pressure between their wrists.
- One student is designated the leader and the other the partner.
- The partner closes their eyes.
- The leader then makes small subtle movements in any direction and the partner attempts to follow using the contact through the wrist and paying attention to the pressure that is being shifted.
- It is important that the leader does not move their hand from in front of their chest but rather moves their body either forwards, backwards, sideways, circles and allows the partner time to adjust and follow.
- Change roles and change partners.

**Equipment:** Nil.

**Area Required:** A fairly quite area that large enough for students to walk around and is free of obstacles.

## Benefits

- Developing trust and use of feel.
- Cooperation and empathy.

## How to explain the activity

- Ask everyone to find a partner and sit together in the designated space.
- Demonstrate the activity reinforcing the care required to succeed.
- Explain students are to stand in pairs facing each other with wrists touching.
- Ask them to take a little time to explore getting and maintaining a consistent pressure between the wrists.
- Inform the pair which student is going to be the leader and that the other is going to respond to the changing pressure between the wrists.
- Ask the follower to close their eyes and take a little time to get comfortable in that state.
- Ask the leader to make small deliberate movements in any direction and the partner to mirror the movements feeling the contact through the wrist and paying attention to the pressure that is being shifted.
- Remind the students that it is important that the leader does not move their hand from in front of their chest but rather moves their body either forwards, backwards, sideways, circles and allows the partner time to adjust and follow.
- Repeat with change of roles.

## Cues for debrief / reflection

- What did I notice when I was being led?
- Did I lose confidence with my partner when they were leading me? If so, what caused me to lose my confidence?
- How did I feel when my partner was leading me?
- How did I feel leading my partner?
- Did anything change the longer I was lead?
- Did I enjoy leading? Being led?

## How to vary the activity

- Explore different environments: in around trees / in and out of shadows, across different surfaces, on slightly undulating surface, near/far from buildings, with outside noises close.
- Explore changing partners.
- Explore changing the contact hand.
- Explore doing the activity in silence and contrast this with spoken direction.