



Front Lean

Objective: To break the ice in a group of strangers, break down barriers in groups, or help group members get to know each other.

Procedure: Two people stand face to face about three feet apart, arms straight, palms together, feet shoulder width apart, leaning together supported by your arms and hands.

One person starts to back away, one step at a time.

Keep arms and bodies straight. See how far you can go before collapsing in a laughing heap on the ground.

You can stop before you fall and enjoy the sensation of being a suspension bridge.