

## **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.

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Reference: Martin, R.R.; Weber, P.L.; Henderson, W. E.; Lafontaine, K. R.; Sachs, R. E.; Roth, J.; Cox, K. J.; Schaffner, D. (1987). Front Lean(Section 2 p.11). LASER D.I.S.C. Columbus, OH: Ohio State University Extension.