



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

Group Sit

Group sit is a wonderful show of collaboration and fun for participants who have coalesced as a group. Do not do this activity if team has yet to come together or if people of remarkably different sizes are in the group.

Directions:

Everyone available (record is over 1,400) stand in a circle should to shoulder. Now turn to the right one-quarter turn. All should be facing counter clockwise and spaced evenly. Grasp the hips of the person in front of you and on the gentle count of "3" everybody sit down on the lap of the person behind you. Actually, the circle is far more stable, but less exciting if you sit on your neighbors knees. Once seated, you can wave hands, give back rubs, or try a coordinated caterpillar merry-go-round, take a small step (like a two inch step) at a time until a bulge ends the game in a pile up.

Reference: Sachs, B. & zumFelde, P. (1998) Group sit. [Let me grow in peace- team challenge-asset building](#). (p. 10). (Available from Lutheran Social Services, T793 State Route 66, Archbold, OH 43502)