

Running Bridge

Energizer/icebreaker

Source: Mentor's Lab Edition 2

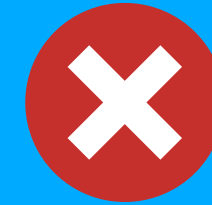


no limit in the number of participants



20 minutes

Jammin Board



ARTS



NFE



INCLUSION

Topic

To create positive energy and break the ice in the group

Objectives

- To raise the level of energy of participants and warmup for the further activities.
- To create a positive atmosphere in the group.

Steps

1. People stand holding hands forming a bridge. That person who is standing at the end of a bridge starts running through its tunnel grabbing one random person by hand. In this same way one by one other people start running from the end of a bridge taking another person with them and then forming the same position at the front of a bridge.
2. The person whose pair was “stolen” by someone else has to run through a tunnel grabbing another random person by hand again.

It has to be fast.