

The Sitting Circle

Group Size: 10 - 30

Key Stages: Upper KS2, KS3, KS4, KS5

Team Building Skills: Trust, Communication

Equipment: No equipment needed



The Sitting Circle will require participants to be willing to get close to their team mates.

The instructor / teacher will need to organise the team into a very tight circle. Students will need to stand shoulder to shoulder. They will then all need to take a 90 degree turn to the right. They should all now be staring at the person's in front's back. Once again the instructor / teacher need to ask them to squeeze the circle tighter and put the hands on the shoulders of the people in front of them.

With everyone as close as possible on a count of three everyone must slowly sit down on the lap of the person behind them. It is important to brief that they must put their weight on the lap of the person behind them or the circle will collapse.

If this has been successful you may progress to asking everyone to raise their hands in the air.

It is even possible to walk round in a circle whilst everyone is sitting!

This activity will need full commitment of the students. Any silly behaviour will cause the circle to collapse!