

PLAY: THE CATERPILLAR



All



5 minutes



Participants should be in a circle. They should turn to the left so that they look at each other in the back and approach as much as possible to the one in front of themselves, but in a way they do not break the circle that is being narrowed this way. Then, on trainers sign, everybody should sit on the knees of person behind them. Then, in this position, as a caterpillar, participants move forward in the circle.



A play for good morning, warming up and boosting the energy in a group.