

## Warm-Up & High Energy Program 12 people (20 mins)

1. Look Up Look Down - curious circle game which creates random partners
2. Stop & Go - brilliant energiser that involves lots of mingling & observation skills
3. Lean Walk - simple partner exercise which teaches trust & reliance

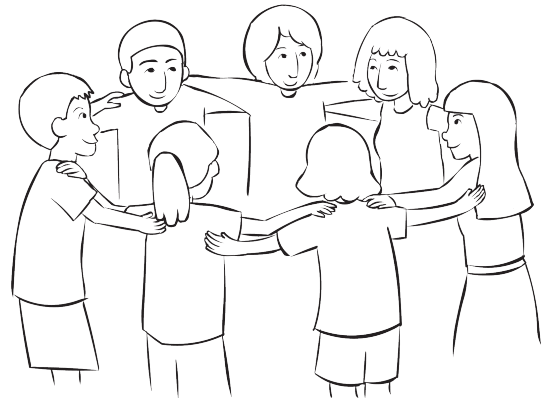
**Props** - none required

Step-by-step instructions for each of these activities are provided below.  
To view video tutorials, practical leadership tips & popular variations, click the links above.

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### 1. Look Up Look Down (4 mins)

1. Form a tight circle, asking your group to place their arms on the shoulders of their neighbours.
2. When you say "LOOK UP" you invite everyone to look straight up into the air.
3. When you say "LOOK DOWN" you invite everyone to cast their eyes down and directly at the eyes of another person in the circle.
4. When two people happen to be looking at each other, they immediately let out a scream and leave the circle.
5. The circle rejoins, and continues the looking up and down routine.
6. Those who leave the circle form a second circle, and restart the looking up and down process.
7. People move between the two circles with each round.



### 2. Stop & Go (6 mins)

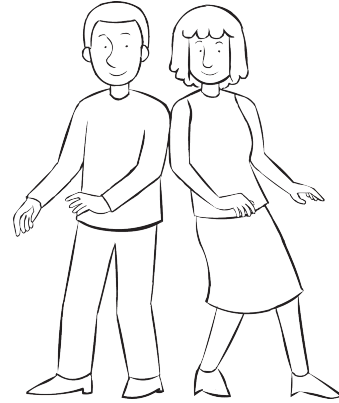
1. In view of your group, designate a general area where they are permitted to walk.
2. Explain that as everyone is milling about, anyone may shout "STOP" to compel everyone to freeze, or "GO" to have them resume their walking.
3. Explain that either command can be called at any time.



4. Announce that your group's objective is to respond to these calls as quickly as possible.
5. Begin by inviting your group to start walking aimlessly within the space.
6. Continue play for a few minutes, then stop, or try a variation.

### 3. Lean Walk (10 mins)

1. Ask your group to form into pairs, with someone of a similar height.
2. Standing side by side, ask each person to lean in towards their partner resting on one another's shoulders.
3. Ask each person to shift their own feet away from their partner as far as they feel comfortable.
4. When ready, explain that each pair should aim to maintain this leaning stance as they walk together to an agreed point.
5. Next time, swap sides or swap partners.



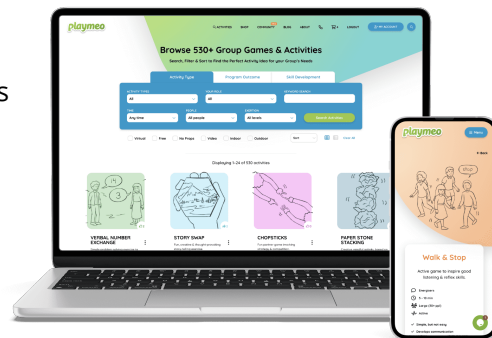
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