

# Fit Kids Healthy Kids – My Clipboard

## Lesson 1 Team Chair

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### Game Description:

Running the Activity Form a circle with the whole group. Have everyone face one direction. Move inward so everyone is tight to each other. Once the circle is ready all together sit down.

### Objective:

If everyone works together and trusts the person behind them the chair circle will stay up without any one have to do any work.

### AGE:

10 to 12 years  
13 to 15 years  
16 to 17 years

### TYPE OF ACTIVITY:

Co-operative / Team  
Building / Ice Breaker

### SPACE NEEDED:

Medium Space (Classroom,  
Empty Room)

### HOW MANY LEADERS ARE NEEDED:

Only 1

### HOW BIG OF A GROUP IS NEEDED:

Large group (16+ kids)

### TYPES OF SKILLS PRACTICED:

Balance