

Brainy Breaks

Palm Trees



Instructions:

Participants pair up and stand, facing each other about half a metre apart. With feet together, each participant raises their hands and face their palms toward their partner.

Contact can only be made with the partner palm to palm. The aim of the exercise is to cause their partner to lose their balance. This is determined by them moving their feet backwards or forwards.

Equipment: None

Safety: Focus group on the fun of the game rather than win/lose. Pairs need to look out for each other and not play roughly. Spread out in designated space and keep clear of other pairs.

Easier: Short time period. Swap partners regularly.

Harder: Reduce the distance between partners. Try squatting instead of standing.

Discussion: Will a bendy palm tree survive a storm better than an immovable oak tree?