

Cradle

Type: _____ **Introductory** x **Working** _____ **Closing** _____ **Game**
Low Risk – Growing Risk – Ending – Active Exercise –
Getting to know Personal Saying goodbye For group building
each other awareness and fun

Optimum Group Size: 5 - 15

Materials Needed: None

Outline of Activity:

Stand people of equal numbers in two rows facing each other. Have people across from each other clasp arms hand to elbow. Have them to allow a person to lay across their arms. Put someone at the end of the two rows to spot the persons head. The two rows of people should stand up slowly and begin to silently sway back and forth then, lowering themselves to the ground slowly, they should slow the swaying down until the person they are holding is lying on the floor.

Goal:

Builds trust and awareness. Gives the group a sense of calmness and serenity.

How to Process:

- How did it feel to be cradled?
- How did you feel when you worked with others to cradle someone else?
- What does it take to do this?
- What did you learn about yourself? About others?

Source or Submitted by: Youth to Youth, Ray Holan