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Lap Sit

The group will start in a circle. Every group member will turn placing their left leg towards the inside of the circle. Everyone will take one giant step into the middle of the circle to create a tight circle. With hands on the person's shoulders in front of you, the group will sit on each others knees. The group will need to work together to communicate. Once this has been completed, the group may wish to try to walk in this formation.
This is a dynamic activity – and one that will make the group feel a great sense of accomplishment when successfully completed!

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