

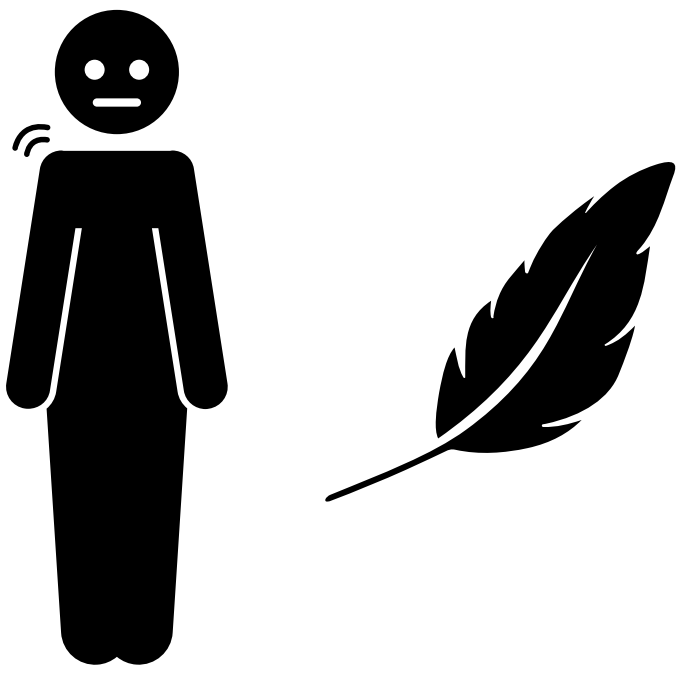
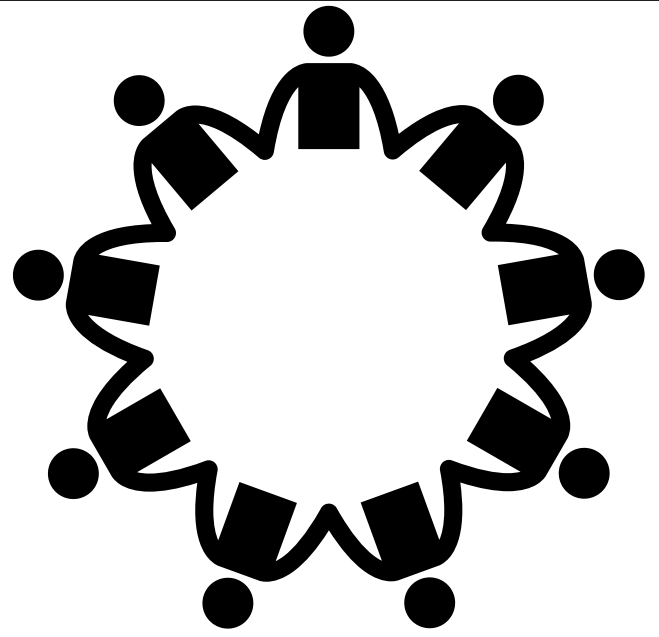
8

Steps: Self-Spotting Lean

ICEBREAKER

1

The group stands in a circle arm's length apart.



2

Participants with their feet together, body as stiff as a board and light as a feather lean forward on the balls of their feet.

3

As soon as they notice they are out of balance participants should take one step forward to stop themselves from continuing to fall forward.

4

This process is repeated by alternating the front foot stepping forward. Twice going forward on the left foot, twice on the right.

5

Next, participants will lean backward on their heels with one foot stepping backward to stop their fall. This is repeated twice leaning backward on the left foot, twice on the right foot.

6

Finally, participants while staying in a circle take a quarter turn to their left so they are facing the same direction in the circle.

7

With one foot behind the other, heel to toe, participants lean to their right, towards the inside of the circle. Again, participants step towards the inside of the circle with their front foot, stepping to the inside to stop themselves from falling into the middle of the circle.

8

This process will be repeated now leaning to the outside of the circle.