

"People to People"

"People to People" is a simple deinhbitizer that works for all ages.

Have the members of the group find a partner. Instruct the group that when you say "people to people," they are to say "people to people" back to you. Then call out two body parts (i. e.: elbow to knee, hand to shoulder). The partners are to touch those body parts together. Call out more body parts. Occasionally call out "people to people," which is the signal to switch partners.