

"Red, Yellow, Green"

"Red, Yellow, Green" is a simple deinhbitizer suited especially well for the younger ones, but works for all ages.

Instruct the group that when you say "red," participants are to find a partner and hold hands (both hands) and put their hands up in the air like they are making a bridge. When you say "yellow," participants are to continue to hold their partners' hands up in the air and jump up and down together. When you say "green," participants are to find a new partner. Call the signals at a fairly quick pace so that participants don't have time to be choosey about partners.