

Circle Up

Circle Up is an activity I like to use to get a group organized, moving, and laughing. I use it as an attention getter before giving instructions. The idea is to get the group trained to form a standing circle wherever you are standing in a quick and efficient manner so that you can speak with the group.

Get the group to stand in a circle that includes you. Tell the group that whenever you say or yell "Circle Up!" they are to drop whatever they are doing, and as quickly as they safely can they are to form a circle wherever you are standing. The circle is to be arranged so that you are part of the circle and you are facing the middle. They must insure that all members of the group are included in the circle. Once standing in the circle, all voices are to be off and all eyes are to be on you. Practice by running away from the circle, standing in another part of the room and yelling "Circle Up!" all members of the group should quickly move to where you are and form a circle. Do this over and over again until they have it down.