

## Walk and Stop

1. Spread group throughout a large open space.
2. Instruct your group to walk when you say "WALK" and to stop walking when you say "STOP."
3. Say these two commands in any order, for 20 to 30 seconds so your group can practice.
4. When ready, announce that you will now swap the meaning of these commands, so "WALK" means stop walking and "STOP" means to walk.
5. Challenge your group and each individual to continue to be as accurate and as fast as possible responding to each command.
6. When ready, announce two new commands :
  - "NAME" invites everyone to say their own name out loud; and
  - "CLAP" invites your group to perform one simultaneous clap.
7. Practice these two new commands together with "WALK" and "STOP."
8. Finally, announce you will swap the meaning of the last two commands, eg when you call "NAME" everyone claps and vice versa.
9. Continue playing for several minutes, and/or try a variation.



Variation: Add two more commands – "JUMP" which means everyone must jump on the spot, and "DANCE" which invites everyone to dance a little boogie for a few seconds. Then, of course, swap their meanings.