SKIN THE SNAKE
Players divide into 2 teams of up to twenty-five members each. The teams line up single-file. Each player reaches back between his/her legs and grasps the extended hand of the person behind him/her. This chaining continues down the line. Only the first and last person in the line will have a free hand. At the signal (a count of three or something) the last person in the line will lay down on his/her back; the person just in front of the last person will back up by straddling and “walking” (more like a shuffle) over this person’s body and lies down on his/her back. The feet of this person will be next to the shoulders of the person laying down. This goes on while the entire team is still holding hands. When the last person has laid down and touched his/her head to the group, s/he gets up and “walks” forward and “pulls” the other members up. This is skinning the snake. The first team up without unclasping hands is the winner. Before the game starts, define what will happen if a team unclasps hands.

WIND IN THE WILLOWS
This is a high trust activity and should be presented as an activity only after the group is sufficiently versed in spotting techniques. A group of six to eight people form a tight circle standing shoulder to shoulder. One member enters the center of the circle. This person, with hands clasped in the “ZOOM” position (arms extended and cross at the elbow, rotate hands so palms face each other, touch palms, intermesh fingers, rotate hands down and up so hands are against the chest), keeps his/her body straight and taut. S/he then leans forward allowing the members of the circle to gently break his/her fall and pass them around the circle. If a person is allowed to fall or if members of the circle are not properly trained in spotting techniques, then physical or emotional injury may occur.

TRUST WALK
This is another high trust activity. The players form a line and hold hands. Everyone in the group closes his/her eyes except for the first and last person in line. It is the job of these people to keep the entire group “safe” while on the walk. The leader takes the group on a walk, a very slow walk, and the leader’s instruction must be passed down the line. The last person assists the leader by calling out feedback as to what is happening at the end of the line. This activity can be done with dyads where one person acts as the leader and the other the follower with his/her eyes closed. After a time, they two people switch roles. This can be a powerful activity for a group learning about leading and following roles in a group. Just because a person is a follower does not mean s/he is passive and “blindly”
followers all of the leader’s instructions. Rather, followers have the duty to take care of themselves and those around them. This point is illustrated by the communication of the person’s needs (I need to slow down... We are in a rough spot, please stop... There is a rock right here, step over it and you are clear... There is a tree to your right, so stay on the “feel” for roots, etc.). Before initiating this activity, let everyone in the group that if they are uncomfortable with the activity that it is all right to opt out. This is especially true for folks dealing with trust issues or people who have experienced some physical injury and who want to protect it.

**PASS THE KEY, PLEASE**
Divide the group into two equally numbered teams. Arrange the teams so they face one another. Team members then join hands. This leaves two “free” hands on each team (the two people at the ends of each line). Give a single key to one of the “end” people on each team. The tasks is to pass the key from one end to the other without unclasping the hands of the team. The key cannot be passed or kicked along the ground. If the key drops, it must be picked up while all hands remain clasped.

**LAP SIT**
Players stand shoulder to shoulder and form a circle. Players are all facing in towards the center of the circle. All players then turn left (or right) and face the back of the person in front of him/her. Tighten the circle and round out any corners. Place your hands on the hips of the person in front of you. As the leader counts to three, carefully guide that persons bottom onto your lap. This game requires a great deal of trust and communication. Perhaps best left for the end of the day after folks have developed a great deal of name recognition and established a working rapport.