

* **Buddy Walk**:

Divide the group into pairs and designate one teammate as the walker. Set up an obstacle course. You can use things like tables, chairs, toys, cones, etc. Without stepping on or bumping into anything or anyone, the walker must move backward through the course which is only possible with the help of the partner. If a walker turns around while on the course, steps on something, or bumps into anything, the pair has to start over.