# **Partner Tag**

**Activities to Get Groups Moving** 

### OBJECTIVES

- To support participants to connect with each other
- To energize participants, especially when energy is low

#### MATERIALS

· None

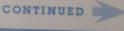
#### SETUP

- The facilitator should have participants create as much unobstructed floor space as possible in the room.
- Look for any hazards that need to be moved for people to safely run around the room

#### INSTRUCTIONS

- 1. Motivate participants by announcing, "Let's get some energy into the room."
- 2. Have participants partner up by asking them to find their outfit twin. Once people find a partner, they can high-five their partner and hold their high-five in the air so that the leader can see that everyone has a partner.
- 3. There should not be groups of three in this game. If there is an uneven number, the facilitator should partner with someone.
- 4. Once everyone has a partner, have them choose one person to be PARTNER A and the other person to be PARTNER B.
- 5. Announce to the groups that in a few minutes they will be playing tag.
- 6. Ask, "How do we remain safe and have a great time playing this game?" Participants should remind one another to not push, run, or jump over or under furniture.
- 7. Ask PARTNER B to raise their hands.





## Partner Tag continued

- 8. Announce, "You will be playing partner tag, and that means that you play tag only with your partner."
- 9. PARTNER B will be "it" first.
- 10. When PARTNER B tags PARTNER A, their roles reverse, and PARTNER A will try to tag PARTNER B.
- 11. The **objective** of the game is to not be "it" as much as you can!
- 12. Ask the group if there are any questions, then say, "Ready, GO!"

#### DEBRIEF

- · What did you notice as people began to play the game?
- · What strategy did you use to play the game? What strategy would you use in another round?
- · How do activities like this build connection? How do they build community?