

## Star circle

The laws of physics are put to the test here. Everyone must be able to rely on each other.

### General conditions

Group size: 6-20 people (even number!)

Age: from 12 years

Duration: approx. 10 minutes

Location: larger room / outside

### Execution

The players stand in a circle and hold hands.

They count from one to two.

Now the game leader gives the command for the players with the one to lean forward and the players with the two to lean backwards. They hold each other so that no one falls over.

Then the players can switch and the "ones" lean backwards and the "twos" lean forwards.

### Variation

The players can also stand up with the help of a long rope that is knotted together at the ends. They sit in a circle, legs forward with their feet firmly planted and with the rope in their hands so that it is taut.

Everyone starts to stand up at the same time.

You can then sit down again.

### Picture credits

Cover picture: CarolES