

# *InSync*

## **Info:**

This energizer was created during an Erasmus+ Youth Exchange in Paralia Rachon, Greece, which was hosted by the organization Greek Youth Mobility.

## **Requirements:**

- An even number of participants
- Two objects you can throw around (two balls for example)
- Good energy and vibes 😊

## **Preparation:**

Gather all participants into a circle and count off each person one by one. Each participant will either be 1 or 2, and these will represent the two teams. Participants will stay in the position where they are and not move around.

Give each object to participants that are on the opposite side of the circle and who are on opposite teams.

## **Game Time:**

The goal of the game is to pass around the ball all the way around the circle with your teammates. In order to pass the ball to the next closest teammate on your right, you must play a matching game with the person on your immediate right, who is on the opposite team.

You two must face each other, and on the count of 3, must either put your hands above your head or down towards your hips. If you and your opponent do the opposite move, you are allowed to pass the ball to the next closest teammate on your right.

If you and your opponent do the same move, the person trying to pass the object must perform 3 squats. Repeat the matching game until you are able to successfully pass the object.

The game ends when one of the teams is able to successfully pass the object around the circle to whoever started with it!

