"Traffic Jam" Energizer

Note: Below are instructions for the "Traffic Jam" energizer, which is not currently in the "Discovering Gifts" book.

Materials: 2-4 rolls of masking tape

Have participants find a partner and stand one in front of the other, both facing forward. The person in front is the "car" and the person behind is the "driver." The "driver" drives by placing his/her hands on the shoulders or elbows at the waist of the "car." The "car" closes his/her eyes. For every 12-15 "car and driver" trains, give a roll of masking tape or some safe object to the "car" of one of the trains, to hold in front of the train. The other pairs must try to avoid contact with the roll of tape. If they do make contact, then that "car" must take over carrying the roll of tape and his/her "driver" must try to make contact with another pair. For student groups, it is appropriate to remind the "drivers" that careless or reckless driving is not allowed, and may result in the loss of their license or right to drive. Begin the motion by saying, "Start your engines," and then "Traffic Jam!" After a few minutes, have the pairs change roles of "car" and "driver."

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