

TREE CIRCLE

BENEFITS

Develops balance, trust, and teamwork in a fun way. Teaches how to stay centered when challenged.

TIME

2 to 5 minutes

ACTIVITY

- Students make a large circle, facing in and standing about 3 feet apart.
- Raise both arms and stretch them out, fingers pointing up.
- Place hands together with the person on each side and lift right leg up in Tree pose.
- Press into each other's hands and use each other for support.
- Switch legs and repeat.

VARIATIONS & INTEGRATION

- Have several of the students come out of the circle to be "animals" in the forest. Then re-form the circle and have the animals challenge the others by making noises, running in and out of the circle, jumping up and down, and so on (but no touching or blowing on the others). Switch challengers.
- Drop hands and try again without the support of the circle.
- Great sequence: Star Pose/Galaxy variation (p. 88), then Tree Circle, then add animal challengers, then animal challengers without the circle.

NOTES

In a forest, stands of trees shield each other from the wind, and intertwine their roots for greater support. Trees also provide habitat for animals. These and other themes can be developed from and explored through Tree Circle.

