

## Warmup Exercise – “Short-Circuit Circle”

Purpose: To break out of physical habits that hinder non-verbal communication

Participants arrange themselves in a circle (or oval) and begin to walk. The Joker chooses the initial direction.

Steps:

1. Have the participants relax muscles while they walk – from the bottoms of the feet to the tops of their heads. Encourage them to “breathe into” tense areas of the body.
2. Explain to them that a relaxed pace is “Number One.” By saying “one”, participants should come to that relaxed pace.
3. Two is fast, almost a jog or power-walk. Ask them to do this, then return to One.
4. Three is slow-motion. Encourage them to keep the speed regular (feet should come up from the floor and down to the floor at the same speed).
5. Note that people are allowed to pass each other or be passed.
6. Number Four is a dead stop. Have them do this, then run them through the other speeds in order (one, two, three four) a few times.
7. Add the command “switch.” This means they start walking in the opposite direction.
8. Randomly call out the number and switch commands, getting faster and faster. Encourage them not to make the circle any smaller. (You can place four chairs that they must walk on the outside of if necessary.)
9. End after the participants have spent a couple of minutes responding to the commands as quickly as possible.

Total exercise time is 5-10 minutes.