

Triangle Tag

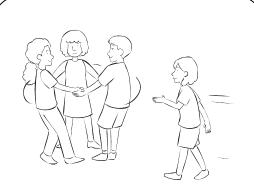
Extremely fun chasing exercise for groups of four people.

How To Play

- 1. Form groups of four people.
- 2. Ask three of the four to form a triangle by holding hands.
- 3. Designate one of these three people to be the initial target.
- 4. When ready, the fourth person aims to move on the outside of the triangle to tag the target.
- 5. All moves & tags must be made outside of the triangle.
- 6. Once a tag is made, or 30 seconds has elapsed, invite everyone to swap roles.

Variations

- **Shoulder to Shoulder**: Form a triangle by holding onto shoulders rather than hands, ie makes it slightly easier for the tagger.
- Championship Tag: Use four people to form the, um... triangle. The ideal challenge for very athletic groups.
- Energy Plus: Take a look at <u>Head Butt Tag</u>, <u>Knee Tag</u> and <u>Hospital Tag</u> for three more high-energy, run-around type games.



Benefits

- Quick warm-up
- · Highly energetic
- Promotes collaboration
- Challenging
- No props

Time 1 - 2 min

People Mini (3-8 ppl)

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