

## **Forward and Backward**

### **Things You Will Need**

Nothing

### **How to Play**

Everyone should sit in chairs in a circle. Then the leader gives instructions. For example, “if you have the color green on, move forward one chair,” “if you didn’t brush your teeth today, move back 3 chairs” or “if you walk in your sleep, move back one chair.”

If someone is in the chair you move to just sit on his or her lap. If the person whose lap you are sitting on needs to move the whole group moves together. You can stack people 3 or 4 high. The first person to make it all the way around the circle, wins.

