



# ALLIANCE

## *Participants*

Any number of participants.

## *Time Allotment*

5+ Minutes

## *Activity Level*

Low

## *Materials*

- Chairs, floor dots, or tape to mark spots (one less than the number of participants).

## *Method*

- Place floor markers or chairs in a circle (one less than the number of participants). Have participants stand on the floor markers facing inward. The participant without a place to stand will be it first and stand in the center of the circle.
- No one can talk during this game. Laughing and giggling is o.k. but no exchange of words.
- Participants on the marks will be required to make a deal with another participant non-verbally to exchange locations on the circle. Whenever they have made a deal with someone they can run, walk, skip, or hop, whatever they would like to get to the other mark.
- The participant who is “it” has the goal to get to the spot prior to the other participants arriving. Whomever is left standing without a spot becomes “it” and goes to the middle.

## *Coaching Tip(s)*

- Closely watch the participants and gauge regulation needs based on the level of dysregulation observed.
- Regulation Modification Options: Use the option most appropriate for the youth’s level of regulation:
  - Each time a new person becomes “it” they will lead the group in a regulation technique.
  - Each time the facilitator recognizes the group getting dysregulated the facilitator will lead the group in a regulation technique.