



FRUIT BASKET TURN-OVER

Participants

Any number of participants.

Time Allotment

5+ Minutes

Activity Level

Low

Materials

One less chair, dot, or piece of tape (anything to mark safe spots) less than the number of participants

Method

- Place all the markers in a circle facing inward. Everyone except one participant stand on a marker or sits in the chairs if using them.
- The extra participant stands in the center of the circle.
- Go around the circle and give every participant 1 of 3 fruit names (apple, orange, banana, etc.).
- Remember to give the participant in the middle a fruit name too! If your group is large you can use additional fruit names.
- Once everyone has a fruit name the facilitator of designee will call out 1 or 2 fruit names.
- The participants designated with that fruit name will have to get up and change find a new empty chair to sit in (they can sit in any chair that is not next to the one they got up from) or if standing on a mark find a new empty mark to stand on. If the facilitator calls "fruit basket turnover" everyone must find a new chair or mark all at once.
- The goal for the participant in the middle is to find an empty seat or mark and get there before the other participants so that someone else will become "it".

Regulation Modification Options

Use the option most appropriate for the youth's level of regulation:

- If they "it" person remains it for 3 rounds he/she will lead the group in a regulation technique before round 4 begins.
- Each time a new person becomes "it" they will lead the group in a regulation technique.
- Each time the facilitator calls out "fruit basket turnover" the facilitator will lead the group in a regulation technique.