**Warm-Up -Activity: Chair Tilting**

Persons: one class or group

Material: one chair for each person

Room: classroom

Time: 5 - 10 minutes

Explanation:

- All students stand within a circle behind their chair.

- Everybody holds a chair with one hand. The chair is tilted forwards and stands only on two legs.

- The students move from chair to chair in one direction.

- The goal is to complete the circle without any chair standing on all four legs or fall.

Variation: Choose a bigger distance between chairs. Two groups compete. Talking ist forbidden.