The Back-To-Back Get Up

**Game Description**

The game begins with two players sitting back-to-back with their arms hooked together, with their feet flat on the floor in front of them; and knees are up towards their chest. The goal of this youth ministry game is for the players to stand up without using any hands.

As soon as this is accomplished, add another player to hook arms with the other two players and to go from sitting to standing. Keep adding a new person each time the group successfully stands up.

**Materials needed**

None, just space enough to keep adding new players to the group

**Follow-up lesson**

Remind the group that doing this activity, (with your feet in front of you flat on the floor and knees bent and up towards the person’s chest), is close to impossible to do by yourself. Things always seem to work better with teamwork and a positive attitude.