

ROUND 2: MOVE THE WALL!

Have everyone stand **safely** facing a wall.



LEADER SAYS:

"This wall is **REALLY** heavy. Let's see if we can move it!"



1



Put both hands on the wall.

2



Gently push for **5 seconds**.

3



Stop.

4



Take one slow breath.

5



Relax your shoulders.

6



Repeat 2–3 times.



Why do we do this?

Pushing the wall can help release extra energy, build strength, and help our bodies feel calm and focused.



GROUP CHALLENGE!

PUSH!

→ everyone pushes



The leader calls:

FREEZE!

→ everyone stops



STOP

RELAX!

→ everyone drops their arms and takes a breath.



Listen to your body. You can take a break anytime you need to.

