



## Conducting a Strong Wind Blow exercise

### Step by Step

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1. Let participants sit in a circle with no empty chairs.
2. The facilitator, who has no chair, starts the game by making a true statement about him/herself, beginning with "Strong wind blows for anyone who..."
3. Once the statement has been made, all the participants who share that characteristic must leave their sit and run to find another available chair.
4. The person who has made the statement must run to find an available seat as well. This person is almost always able to take a chair; therefore, a new person will stand with no chair and make a new statement to continue the game.
5. To make the game funnier a new rule can be added: the person standing without a chair can shout Hurricane!, which makes all the players jump out of their seat and run to find a new free chair.
6. The session shouldn't last more than 5-10 minutes.



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