

Participants pretend they are in an elevator with a different position for each floor.



## Instructions

- Come up with body positions for each floor (e.g. ground floor is lying on the ground, 10th floor is jumping high).
- Make up a story for participants that involves riding an elevator. For example, we leave home and take the elevator to the ground floor and walk to work. We arrive at work and take the elevator to the fifth floor to start our day., and then have a morning meeting on the 12th floor...
- Have participants hold the position before moving to the next position.