



## FILLED ROOM

**Number of players:** Any

**Space:** Open area

**Materials needed:** None

**Procedure:**

Players line up at one end of the room. Their objective is simply to move from one side of the room to the other. However, ask the players to imagine that the room is completely filled with sticky syrup. On your signal, have them begin moving slowly through the space. Now, change the substance that fills the room—which will change the way the players move. Activity ends when players finally cross the space.

**Possible side coaching:**

“The syrup has changed to popcorn, peanut butter, paper, gravel, ping-pong balls, cotton candy, water, etc.”

“How does the substance affect the way you move?”

**Variations:**

Try in pairs or teams who help each other through the space.

**Processing points:**

- How did the different imagined substances affect your movement?
- Which substances were the most challenging for you? Why?
- What skills are needed to accomplish this task most effectively?

**Possible learning areas:**

Sensory awareness, pantomime skills, concentration

**AKA:** Wading

**Source:** Dottie Frye