



Postie

Everyone is seated in the circle, except the trainer, who turns round his or her chair so that it is out of the game. Number-off everyone round the circle so that everyone is mixed-up. Call out two numbers from within the range, and those two people must exchange seats; meanwhile, the person in the centre without a seat will attempt to get there first, sitting in a vacated chair. The person left in the centre each time chooses two new numbers- be aware that often numbers get stuck in the collective head, so always try to choose new ones so everyone gets a go. Play until the group is well mixed.

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