

**“Lean on Me” (5 minutes)****Supplies Needed:**

- None

Divide the class into groups of six or eight. Each group must have an even number of students. Give these instructions:

1. With your group, stand in a circle.
2. In your circle, count off by twos.
3. Hold hands or wrists.
4. When I say, “lean on me,” all “ones” should lean forward while the “twos” lean back.
5. Hold on tightly so you can support each other from falling. Lean on me.

Have them stay like this for at least 15 seconds. Give these instructions:

6. Stop and come back to standing upright.
7. Reverse; “ones” lean back and “twos” lean forward.

Have them stay like this for at least 15 seconds. Facilitate a discussion by asking questions including:

- Did you like depending on others to hold you up?
- Did you like supporting each other?
- Which was more challenging, leaning back or leaning in?
- Was it easier to support other people when you were leaning or standing straight?
- Did you trust the people on either side of you to hold you up?
- What would have happened if someone dropped hands?
- How can we be dependable in school? In SkillsUSA? In the workplace?



If you and your students enjoyed this exercise, additional activities covering all Essential Elements are available in SkillsUSA Ignite.
<https://www.skillsusastore.net/ignite.html>