**Stepping Stones (1)**

**Description**

Set out a number of small mats (one more than the number of students taking part) in a straight line. Each student will stand upon a mat.

The object of the exercise is for the group members to end the exercise in the reverse order from their starting position.

**Start**



**Finish**



**Rules**

* Only one person may stand upon a mat at any one time
* You can move in either direction when moving from mat to mat
* No one may touch the floor at any time
* If any rule is broken, the task must be repeated from the beginning.