



# Square Dance Get to Know You

## Step-by-Step Instructions:

1. Have the group form a large circle which they can move around in.
2. Tell group members that they will be moving quickly and meeting others in the group.
3. Demonstrate the “swing your partner” move from square dancing. This is done by linking arms at the elbow and swinging to the next partner by linking alternating arms.
4. Instruct the group members that when the music starts they will move around the room swinging from one person to the next, beginning with their right arm and then the left. Each time they get a new partner, both people will say their name.
5. Start music and play long enough for everyone in the group to move around the circle several times.

## Tips for Discussion and Processing

This is a fun and energizing icebreaker. It allows a large group to have fun together and learn names.

**Group Size:** 50 or more

**Time Needed:** 11 to 20 minutes

**Goal:** To meet the group

**Audience:** Couples, Teens, Parents, Singles

**Special Considerations:** This activity needs sufficient space for the group to form a circle large enough to move around in. Be mindful if using this with different cultures, as some cultures may not allow casual touching. Co-facilitators can demonstrate this in front of the class.

## Resources Needed:

- ✓ Square dance music; CD player or other music player