

Torch Tig

Equipment

- Torches
- Bibs/Targets (optional)



Instructions

- Each person has a torch
- Turn the lights down low
- Project the torches onto the wall
- The person who is on has to try and get their torch light to "tig" other peoples

OR

- In a large space, one person has a torch
- The other people move around the space
- The person with the torch has to try and "tig" the others by getting their torch to shine on them (you may want to limit the area of the body by having a target zone or a bib on)

Senses

Visual	
Proprioception	
Vestibular	