

# Paper Twirling

individual

**This activity forces you to move a piece of paper around your waist without grabbing it.**

1. Find a piece of paper and stand up. (Spiral notebooks work.)
2. Put your right hand out with your palm up.
3. Put the paper on top of your hand. Don't grab the paper.
4. Keep the paper at a level height and move it around your waist.
5. Transfer the paper to the other hand. You can only drop the paper onto the other hand. You may not grab the paper. You might have to contort your body so that you can make the transfer.
6. Continue to keep the paper level and move it to the front of you. This is one round. Keep doing this in the same direction for three rounds.
7. Now switch directions and do three more rounds.
8. Try to do this as fast as possible.

