

THE SHAKES  
Author Unknown

Everyone stands in a circle. One person begins to develop "the shakes" in one particular localized part of his body. (For instance, his foot might begin to shake violently.) After the shakes are fully developed, that person "throws" the affliction across the circle to another person. Eye contact is important here, so that it is clear who is being "thrown" to. The new person "catches" the shakes in the same body part. Gradually, the shakes move to a different body part. (For instance, the tremor might travel up the leg until it eventually comes to rest in a hand.) Once the affliction is firmly established in its new location, the victim "throws" it to another person, etc. Try not to repeat any body part exactly. (It may be necessary, of course, to repeat "foot," but maybe the shakes themselves are different, or it locates in a particular toe the second time.) Continue to play until everyone is running out of ideas.