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Traditional Chinese jump ropes are strings of rubber bands tied together, but today many varieties of commercial rope exist. Two players face each other standing 9 feet (3 m) apart, and position the rope around their ankles so that it is taut.

Chinese jump rope - Wikipedia

en.wikipedia : wiki : Chinese_jump_rope

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Props: Raccoon Circle (webbing or rope) Place either a piece of webbing or a rope tied in a circle on the ground. Tell group that everyone must get out from under the circle without using their hands. Give group time to form a strategy.

Icebreakers, Team Builders and Debrief Activities Supplement

health.mo : living : families : adolescenthealth : pdf : icebreakers-en...

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est; procurando maneiras de ganhar dinheiro freecell gratis jogard;lare no Brasil? Se sim, voce; veio ao lugar certo! Neste artigo vamos explorar algumas das melhores formas para fazer o seu negocio; Tamb;m iremos fornecer dicas e recursos que; ir; o ajud;-lo a come;ar com isso

1. Freelancing

Uma das maneiras mais f;c eis de ganhar d;lare no Brasil 3; atrav;s do freelancer. Se voce; tem uma habilidade partic