

Me and You

Participants stand in a small circle, arms front and palms up. Everyone has a ball in their right hand. The facilitator dictates the rhythm: “Me”: everyone moves their ball at the same time from their right hand to their left hand. The right hand returns to the original position, palm up. Challenge: speed up, change direction, eyes closed, throw the balls, carry out in silence.

“You”: everyone passes their ball from their left hand to the right hand of the person on their left side.

The facilitator continues in a steady rhythm: “me-you-me-you...”. The balls travel around the circle as if on a conveyor belt. The aim is for everyone to stay in the same rhythm.





Collaboration



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Stopmotion physical animation

- 1) Make a team
- 2) Choose painting
- 3) Create plan
- 4) Choose location
- 5) Film
- 6) Make the movie
- 7) Share it!



Collaboration



Erasmus+



Actionbound

Leader of the game:

- 1) Make personal account in the app and log in.
- 2) From the plus sign you can create a new game.

Participant:

- 1) Player needs to download Actionbound app as well.
- 2) Player has to scan the QR code that game leader gave and fill in his name.
- 3) In the end player has to load all the answers to finish the game.

All the answers will go to leader of the game.



Communication



Two Safe

Participants stand in a circle.

The tagger is in the middle of the circle, trying to catch them. The people in the circle keep the circle formation at all times. They can only move sideways between the two participants next to them. One is safe when they are shoulder to shoulder with one of their neighbors. Two participants together are safe. If there are three or more together, none of them are safe. If the tagger catches you, they take your place in the circle and you become the tagger.





Collaboration



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Building A Tower

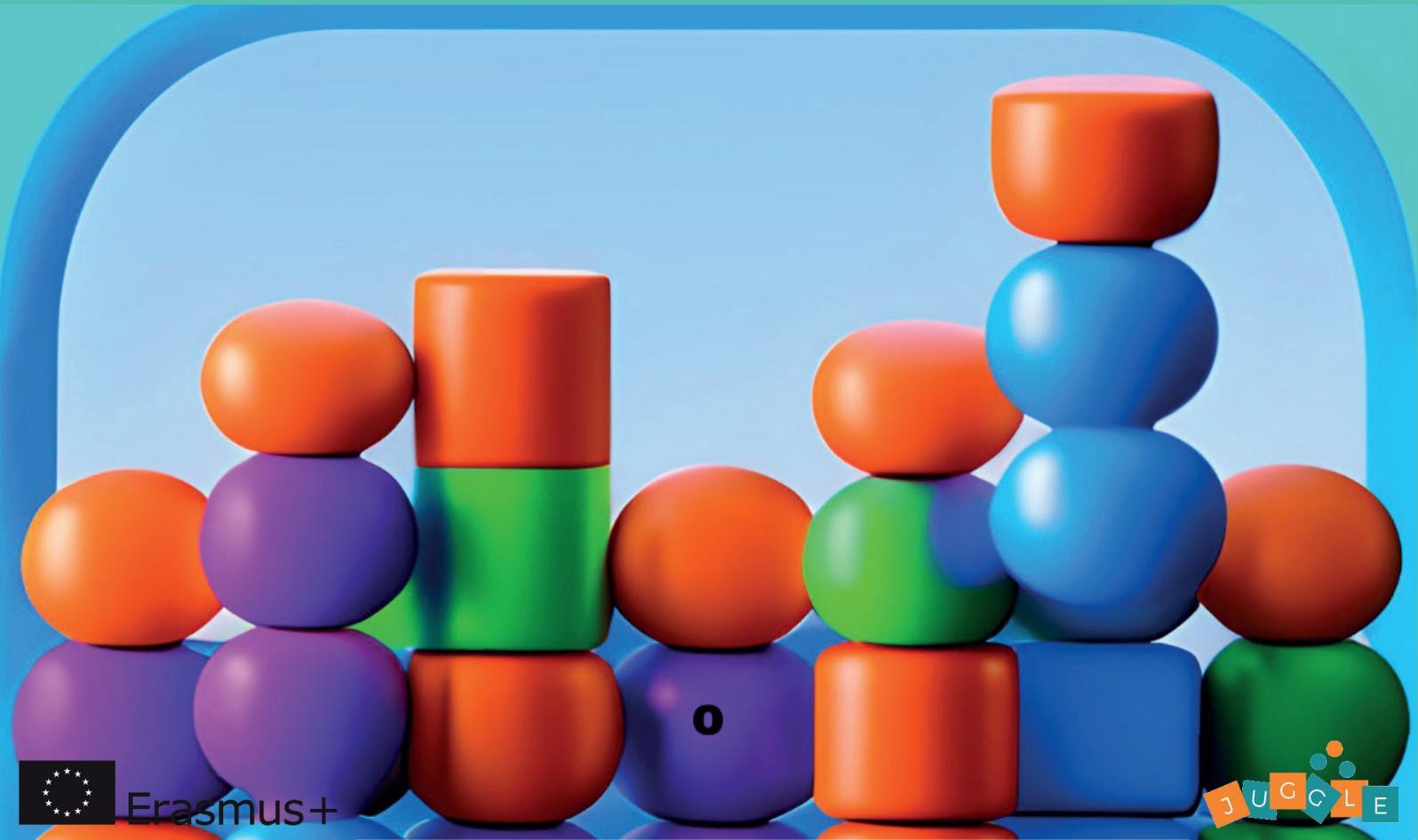
A competition that emphasises collaboration and communication within the teams, and can also be used to examine group roles and leadership.

Arrange several sets of items easily available in a given setting. Allocate a fair amount of free, unobstructed space for each team.

Teams must construct the highest structure possible using only the set of items. Introduce a strict time limit. During the activity, observe teams in terms of cooperation, division of roles, leadership and communication. At the end, you can check structures for height and declare a winner. Debrief the activity by asking about participants' observations and conclusions regarding the topics named in step 4.



Collaboration



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Alphabet Photos

- 1) Decide what letters you would like to make.
- 2) Do the letters with human bodies.
- 3) If you wish make photo of each letter and after combine into a work in computer using app piccollage:
<https://piccollage.com/>



Collaboration



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Oh Yeah!

Stand facing your partner. Do the following together in the same rhythm. Both slap your hands to your thighs, then at random point your hands up, to your left or to your right. If your partner points in a different direction than you, slap your thighs and again point in one of the three directions at random. If your partner points in the same direction as you, slap your thighs again, then point at your partner and say “Oh Yeah!” and continue the game by slapping your thighs again. Keep going and see if you can slowly speed up.

Important: both participants independently choose the direction they are pointing to.





Collaboration



Dancing with a scarf

The dancing/movement is executed in pairs. One of the two holds a cloth and makes shapes with it, the other imitate's the shapes of the cloth with the body

You need half the number of clothes of the people you are working with.
So with 20 participants, you need 10 clothes. You also need to prepare different music fragments.

The participants stand in a circle and the group leader begins. He or she makes a sound and 'throws' that to another participant in the circle with a throwing movement. The participant pretends to pick the sound up and throws another sound to a third participant. The sounds will get crazier while playing the game.



Collaboration



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Hashing

Hashing is a trail event that can be followed by runners, walkers, wheelchair & mobility aid users. The symbols can be marked with flour, saw dust anything that is non-polluting and bio-degradable.

A trail is set out in advance as a circular or a linear event. Samples of the symbols are set out together on the ground at the start of the trail to inform the participants of what they will see.

Participants are shown the three symbols from the trail. The leader will demonstrate the actions and behaviours adopted in response to seeing each of the symbols. A verbal prompt is given with each symbol which participants are encouraged to use to attract the attention of other participants.



Collaboration



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Spiders web

A spider's web is a Challenge Activity which takes place outdoors involving a web of knotted rope. Participants try to pass their bodies through the openings created between the knots which form a web, not unlike a spider's web.

Cord or rope with knots is used to form the shape of the web. Apertures between the knots are constructed so that the openings are big enough for a person to pass through unaided or with assistance. Openings can be made of different sizes to provide a variety of challenges to the team.

The leader will demonstrate the type of actions required to pass through the web without touching it. The specific rules for the site are explained. Penalties for rule-breaking may be applied.



Collaboration



Pair Juggling: Passing

SQUARE PASSING

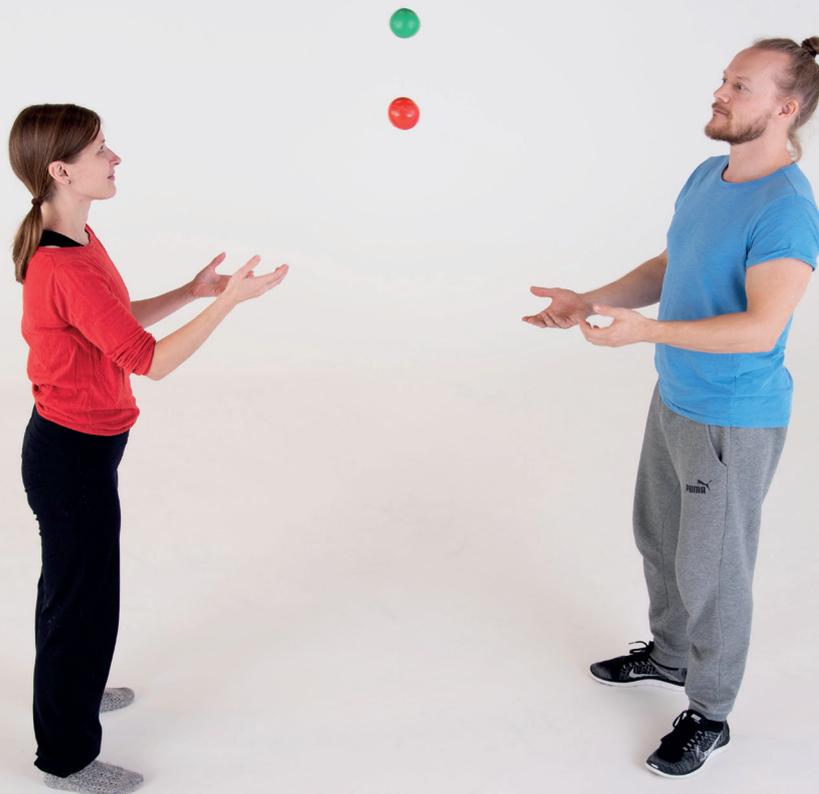
Stand facing your partner approximately 1.5 meters apart. Each of you has one ball in your right hand. Throw the balls underhand one after the other to the left hand of your partner. Then, throw it from your left hand to your own right hand. Continue throwing the balls in a square/rectangle: first to the partner, then to self, then to the partner, and so on.

Challenge: simultaneous throws, changing direction, three balls.





Collaboration



Erasmus+



Pair Juggling: Passing

ONE HANDED PASSING

Stand facing your partner approximately 1,5 meters apart. Both of you have one ball in one hand, the other arm is behind your back. Decide, which ball is always the first one to be thrown. Throw the balls underhand one after the other between the partners. When the first ball reaches the highest point, the other ball is thrown under it. Switch hands after a while.

Challenge: Three balls. The one starting will have two balls in their hand. The pattern is continuous.





Collaboration



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Pair Juggling: Assisted Cascade

One participant sits down, the other stands behind their back. The one sitting has one ball in each hand. They throw the balls one by one up diagonally to the standing participant's empty hands. Then the one standing drops the balls one by one straight down into the sitting participant's hands.

Challenge: three balls. In the beginning the third ball is in one hand of the standing participant. The sitting participant throws one ball diagonally to the empty hand of the standing participant. The one standing drops the ball from their other hand into the empty hand of the one sitting. The sitting participant then continues the pattern with the other hand, and so on.





Collaboration



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Name Juggling

One participant sits down, the other stands behind their back. The one sitting has one ball in each hand. They throw the balls one by one up diagonally to the standing participant's empty hands. Then the one standing drops the balls one by one straight down into the sitting participant's hands.

"You": everyone passes their ball from their left hand to the right hand of the person on their left side.

The facilitator continues in a steady rhythm: "me-you-me-you...". The balls travel around the circle as if on a conveyor belt. The aim is for everyone to stay in the same rhythm.





Communication



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Sound throwing

The participants stand in a circle and the group leader begins. He or she makes a sound and 'throws' that to another participant in the circle with a throwing movement. The participant pretends to pick the sound up and throws another sound to a third participant. The sounds will get crazier while playing the game.



Communication



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Sculpture

The participants make pairs or the group leader makes pairs. One participant stands still and the other participant makes the most pretty sculpture of the first participant.

When the body of the first participant is being moved, moves along and when the movement ends, the first participant holds the pose. First, the group leader tells the participants when to switch.

After the participants are allowed to switch on their own. When the participant are familiar with this exercise the group leader can tell them to switch more often and to stop with holding the pose. The more they switch, the more unclear it gets who is leading and who is following and they start to dance together.



Communication



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Partner Balance

Stand in a circle. The facilitator makes eye contact with someone in the circle, says their name and throws them a ball underhand. They now throw the ball to someone else. Once you have thrown the ball, place your hand on the top of your head to mark that you have already had the ball. After everyone has had the ball once, the last one throws it back to the facilitator.

In the next round the ball has the same order. The hand doesn't need to be placed on the head anymore. The facilitator can add more balls into the pattern. To make it easier, everybody sits down and the balls are rolled along the floor.

Challenge: Everybody has a ball and throes it at the same time.





Communication



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Stick Dance

A pair exercise. Put on inspiring music.

A stick is held tightly between the pair in the open palms of the opposing hands.

The pair can move freely: go down, spin around, improvise!

Two sticks can also be used. Try not to drop the stick.





Communication



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Postcard

The group chooses a theme, e.g. “Summer vacation”. The first participant goes to their chosen spot, shapes their body accordingly and says in a clear voice who or what they are, e.g. “I am the sun”.

After this the other participants one by one add new parts to the postcard. When the last participant is positioned, the facilitator instructs everyone to take a look around. A nice idea is to take a photo of the postcard.





Empathy



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Choose Your Flatmate

Participants identify biases and prejudices against certain groups/identities.

Write descriptions of 'potential flatmates' on pieces of paper and make them into sets – flatmates belong to groups that are often targets of prejudice or stereotyping (e.g. nonbinary person, a devout Muslim, drug user). Form groups of 4-6 people and distribute a set of papers face down to each group.

Participants take turns to draw 3 papers at random. The group discusses which of these persons they'd choose as a flatmate. Choices are noted down. Continue until the pile is empty. At the end, groups compare the diversity of their choices and the reasoning behind them, focusing on bias and prejudice they showed.



Empathy



Erasmus+



Icebreaker

Two Truths and a Lie

- 1) Gather 3 statements about each participant.
Each participant will give game leader 2 correct and one wrong statement about themselves.
- 2) Add all the facts to Quizizz programm in quiz form.
- 2) Ask the other participants to vote on which statements are true and which is false.
- 3) After the game each person will reveal which statements were true and which one was false.



Empathy



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Mirroring

Make pairs and show what you are doing in the mirror. The other person is your mirror and imitates exactly what you do. Follow the movements carefully. The next step is to move on music. Listen carefully to the music and perform the movements in such a way that you find appropriate to the music. Try to vary your movements by extending and speeding up.



Empathy



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Vortex

Participants stand in a circle.
Each participant secretly chooses another participant.
At the facilitator's signal everyone goes and touches the
shoulder of their chosen participant. Everyone does
this at the same time and returns to their
original spot as quickly as possible.

Challenge: At the facilitator's signal everyone runs around their chosen
participant two times and returns to their original spot.





Flexibility



Erasmus+



Brain Twisters

Face Puzzle: Grab your nose with right hand. Left hand reaches under the right one and grabs your right ear. Swap hands so that your left hand grabs your nose and your right hand grabs your left ear. Repeat.

Fox and Bunny: Right hand as bunny, use your index and middle fingers as its ears. The bunny jumps up and down. Your left hand is the fox, with the index finger and the thumb held out.

As the bunny jumps to escape, the fox stalks it in a straight line. Swap hands and change direction.

Finger Swap: Thumbs up in both hands, other fingers hidden. Hide thumbs and lift up index fingers. Repeat.

Challenge: One hand starts with the thumb, the other with the index finger. Swap fingers at the same time.





Flexibility



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Low Ropes

Low-ropes courses are set between trees using non-stretch ropes or slacklines just over ground level. They may have further ropes or slacklines mounted higher to allow participants to grip with their hands for balance.

Check your trees/posts for strength. When using slacklines, follow the manufacturers guidelines. Be aware of the ground surface in terms of hazards on which to land. Construct the low-ropes course to suit the abilities of your group.

The leader will demonstrate the type of physical actions required to pass along the course. Participants may work in pairs or groups with some acting as a 'spotter' to support other participants. Combining different patterns of ropes allows for different challenges on each section of the course.



Flexibility



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Level the Story Up

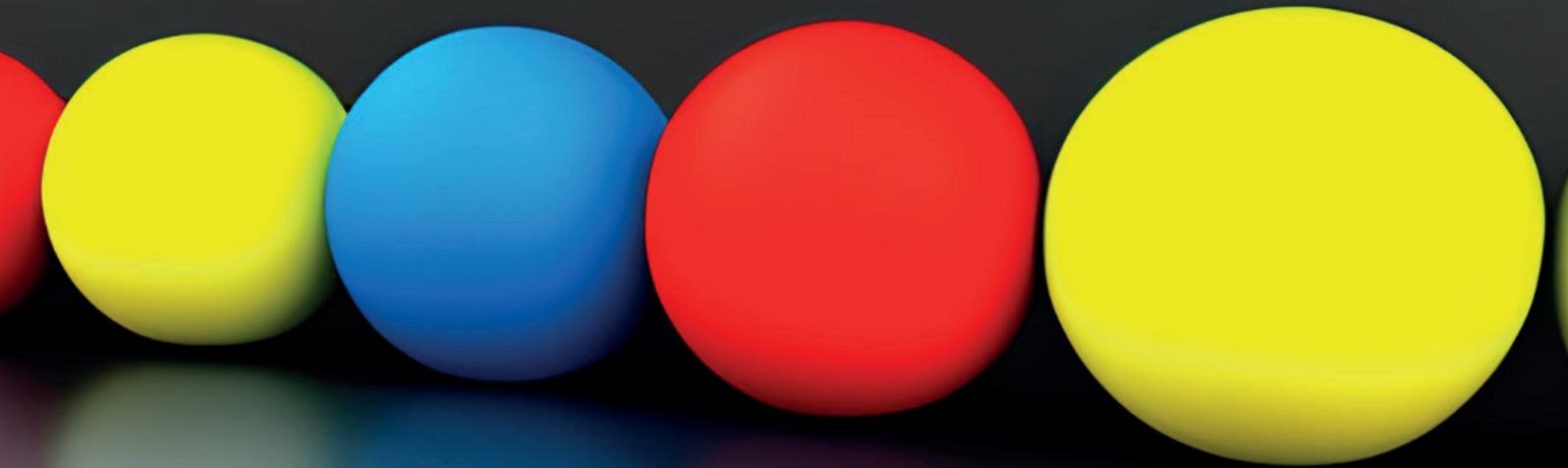
A storytelling exercise where participants expand their creativity and improvisation skills in a group setting.

Prepare ca. 20 cards with names/pictures of random objects (concrete rather than abstract ones, e.g. chair, orange etc). Place the cards in a single pile in the middle of the space. Choose a theme/title/beginning sentence of the story (anything relevant for the target group/training topic).

Participants form a circle. Each person draws a card from the pile and improvises a short (1-2 sentences) continuation of the story, adding to what previous participants have said. Contributions must be inspired by the item on the card they draw (but they don't have to use the word itself).



Flexibility



Floor Slap

Participants kneel on the floor in a circle and place their hands next to each other, so that hands cross with neighbors. One participant slaps the floor once and the slap moves clockwise around the circle one hand at a time.

Two slaps reverse the direction.

Competition: If someone slaps when it's not their turn, that hand is removed from the game. After a participant makes two errors, they leave the game to cheer on others. As participants leave, fix the circle by crossing hands again.





Self-regulation



Chaos

Participants stand in a circle. Each participant secretly chooses another participant. At the facilitator's signal everyone goes and touches the shoulder of their chosen participant. Everyone does this at the same time and returns to their original spot as quickly as possible.

Challenge: At the facilitator's signal everyone runs around their chosen participant two times and returns to their original spot.





Self-regulation



Erasmus+



Pulse

Two opposing rows. Participants sit quietly hand in hand, eyes closed. The facilitator squeezes the hands of the first ones in the rows once, simultaneously. The squeeze travels through the participants and when the last one receives it, they open their eyes and try to grab the ball in front of them.

The team winning the turn gets one point. The last ones in the row then move to the first place in the row.

Hint: This exercise can be also done in a circle without teams and the ball. The pulse travels in the circle and when receiving the pulse anyone can change the direction by squeezing twice.





Self-regulation



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Participants stand in a circle.
Everyone lifts their right thumb up and then places their left palm on the thumb of the person on their left side. The thumb touches the hand lightly.

The facilitator counts to three. At “three” everyone tries to simultaneously grab their partner’s thumb with their left hand and escape with the thumb of their right hand.

Increase difficulty by counting in a random order.

Hint: use a ball instead of thumbs.





Self-regulation



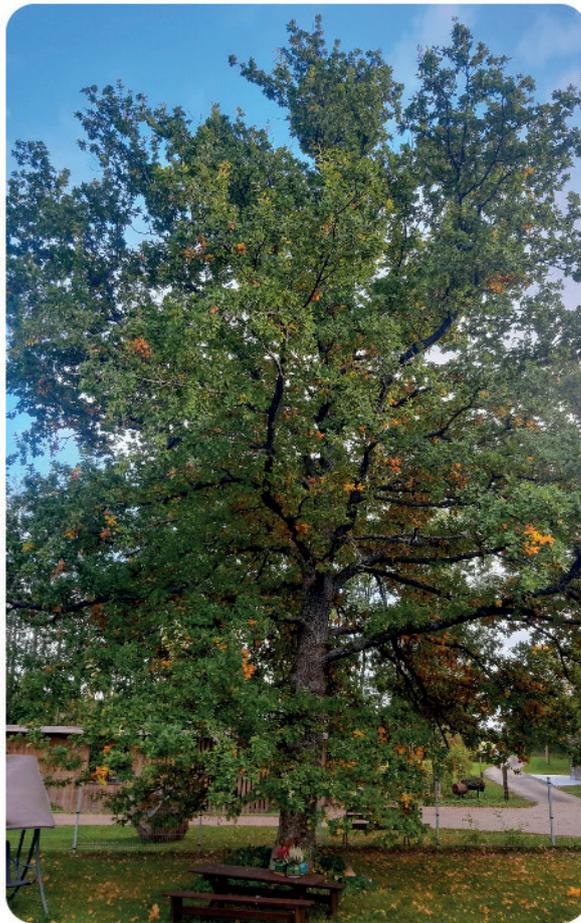
7 days

Photographing every week. Smartphone needed

- 1) Participant has to take a photo about something every week.
Only one agreed object or subject: selfportrait, food, a tree.
- 2) make a video of these photos with background music.
- 3) share the video with groupmates



Self-regulation



Guided imagery

The participants lie on the floor and listen to a descriptive, narrative story and imagine they are experiencing the events being described told by the group leader.

After the story the group leader tells the participants to create a character on the basis of the story. The participants take a moment to imagine their character. When the participants have an image of the character the group leader tells them to move, talk and act like the character.



Self-regulation



Erasmus+



Jungle Adventure

Everybody in a circle, jogging in their spot throughout the exercise. The game has three levels and all challenges move to the next level. The facilitator leads the adventure and does the challenges with the group.

1. **TIGER!** Run fast in your own spot. **BRANCH!** Squat down and stand up. **LOG!** Jump up.
2. **RIVER!** Lie down and make three breaststroke movements. **TUNNEL!** Lay on your back and make a hollow body shape by lifting arms and legs off the ground.
MONKEYS! Run with high knees and throw bananas.
3. **ANTS!** Run kicking your heels towards your buttocks. **TRAP!** Lower down to a push-up position and stand up. **GORILLA!** Touch the floor three times like a gorilla.





Wellbeing



Erasmus+



Solo Juggling: Ice Cream Catches

ICE CREAM CONE

Make an open fist. Catch the ball on to the circle formed by the thumb and the index finger.

ICE CREAM PLATE

Spread your fingers out with the back of your hand facing up. Catch the ball on your fingers.

ICE CREAM CUP

Start by throwing and catching the ball in one palm. Then throw the ball from one palm to the other. When catching, follow the movement of the ball with your hand and slightly with your whole body.





Growth Mindset



Erasmus+

Solo Juggling: Body Tricks

TENNIS

Extend your left arm in front of you as a tennis net. Throw the ball over the net, throwing & catching with your right hand. The net (left arm) stays still, the throwing hand (right hand) moves under the net throwing the ball from side to side. Change sides.

UNDER THE LEG

Lift your right leg. Take the ball with your right hand under the leg, into your left hand. Repeat on the other side.

Challenge: Same principle, but throw the ball straight up from under the leg, and catch it with the other hand.





Growth Mindset



The Story of Learning

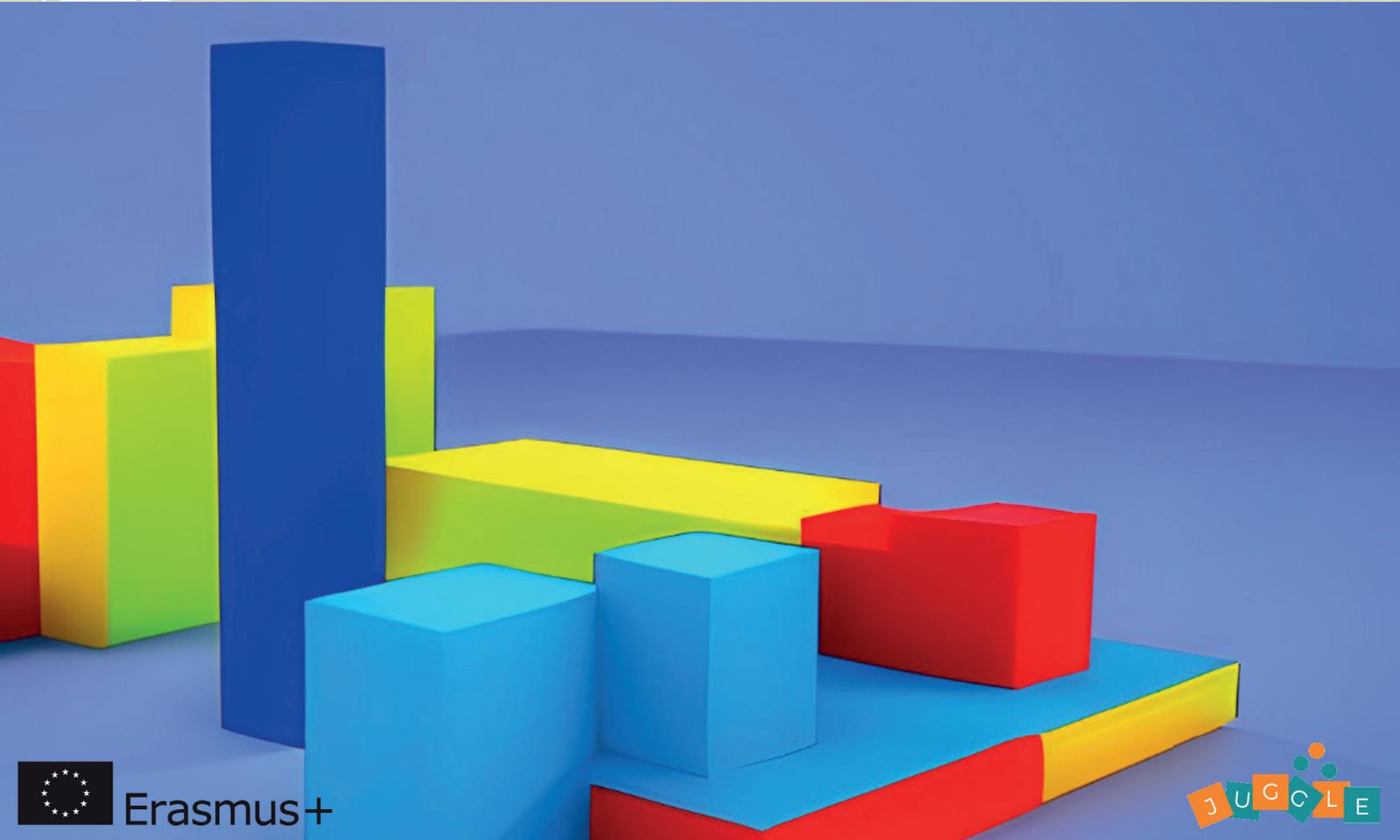
An activity for identifying and evaluating learning outcomes by means other than speaking (e.g. for learners who suffer from speech impairment).

Prepare a whiteboard and markers. If possible, arrange space by the board so that several participants can work on it simultaneously. You can divide the board into a grid that represents the timeline of the learning activity (before, during and after).

Learners collaboratively draw a story of their learning process that shows what they felt and experienced throughout. They can use graphic elements, speech bubbles and emojis. Optionally, each segment of the grid can be used to answer a specific question.



Growth Mindset



Erasmus+



Evaluation Horror

An activity for project evaluation.

List aspects of the project you want to evaluate. Create a board with a location for each aspect (e.g. communication, end product). You can also adapt any suitable board from an existing game. Create tokens representing participants' overall impression of aspects (e.g. "difficult" or "went well"). Each player gets a pawn and a set of tokens.

Participants first place their tokens on aspects they wish to discuss. They take turns to place their pawns on a specific location and roll a die. Based on the roll, they either speak or show/draw to elaborate on why they placed a given token on this aspect.

The group has a limited time to discuss the feedback.



Growth Mindset

Flower Stick Tricks

ARM ROLL

Place the flower stick on the two hand sticks. Extend your arms and lift them slowly up. Let the flower stick roll towards you down the hand sticks and then down your arms.

Lower your arms to roll the flower stick back onto the hand sticks.

Challenge: Throw the flower stick so that it spins 180 or 360 degrees. Try horizontally and vertically.

Later the participants are allowed to switch on their own. When the participant are familiar with this exercise the group leader can tell them to switch more often and to stop with holding the pose. The more they switch, the more unclear it gets who is leading and who is following and they start to dance together.





Growth Mindset



Erasmus+



Diabolo Tricks

WALKING THE DOG

Set the diabolo on the string and on the floor on your right. Roll the diabolo on the floor back and forth from your right to your left. Roll the diabolo gently, keeping the string tight.

BASIC TECHNIQUE

If you are right handed, start your roll from your right and accelerate towards your left.

Gently lift up the diabolo with both sticks before it reaches the left side. Sticks point straight forwards.

Pick up speed by making brisk upward movements with your right hand. Left hand stays still.

If the diabolo tilts forwards, pull your right hand back. If it tilts backwards, push your right hand forward.

If the diabolo rotates left or right, follow by turning with it.





Growth Mindset



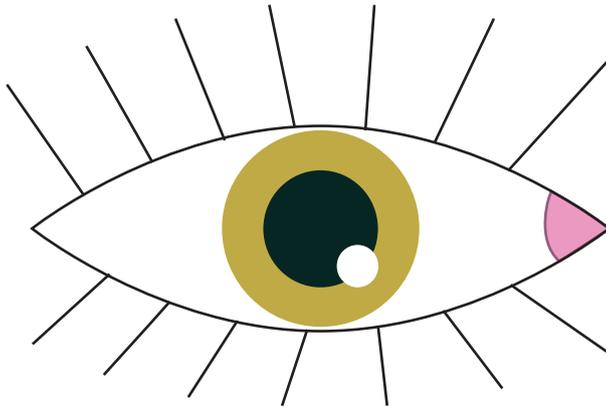
"I see, I think, I wonder"

This activity is designed to stimulate critical thinking and curiosity about the natural world. Participants are given instructions including three sentence stems: I see I think I wonder. They then search for objects from the natural world and verbalise their thoughts about the items using three sentences. The organiser chooses a location that has a variety of interesting or curious elements from nature. It can be a natural environment such as a woodland or it could be on the edge of a schoolyard.

The leader sets out the tasks to be completed. 1. Explore the area to identify things from the natural world which stimulates the participants' curiosity. 2. When a participant has found something of curiosity, they apply three statements to the object which begin with the sentence stems



Critical Thinking



Mandala Making

In this activity, participants are encouraged to gather items from the natural environment around them to construct a Mandala; a circular symmetrical design made of loose parts.

Little preparation is required. The organiser chooses a location that has a variety of interesting elements from nature to explore. The mandala could be made with stones, sand, feathers, sticks, pine-cones or leaves.

The leader sets out the tasks to be completed. 1. exploring the area to find things from the natural world to be used. 2. Preparing a circular symmetrical mandala made from loose parts sourced in the natural environment.

Creating a demonstration mandala may be useful.



Critical Thinking

