

Leading Hand

Outcome

- + To socially bond with participants through movement and exploration.

Props in use

- + None.

Step by step

1. Divide the participants into pairs.
2. One raises the palm of their hand in front of the other participant.
3. The other participant "locks" in on the hand, maintaining distance and eyes on the hand.
4. The first participant now guides the other participant around the room and in all levels – high, medium, or low.
5. Switch roles halfway through the exercise.

Variations

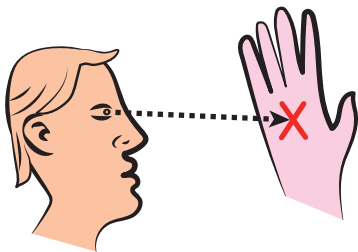
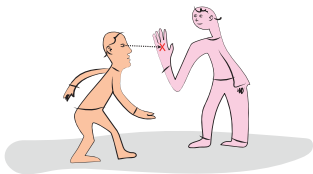
- + As leading participant, vary speed, height, movement scale, and direction.

Why

- + To have the participants sense, get attuned to, and socialise with their partners.



Leading Hand



Duration



Set-up time



Activity
± 5 min

Pair



Materials



Body Awareness



Exertion



Creativity



Playfulness



1 Mood Setting

Clap Cross

Outcome

- + To engage with a partner and willingness to take risks.

Props in use

- + None.

Step by step

1. Divide the participants into pairs.
2. The goal of the exercise is to clap hands as quickly as possible.
3. There are only two rules:
 - a) Pairs must continuously switch to clap
 - b) Always clap in the same spot.

Variations

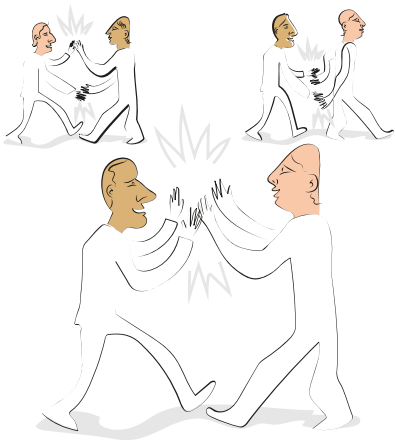
- + Change the spot of the clap to behind the back, under legs, etc.
- + Challenge yourself and your Clap Cross-mate to make creative paths of performing the Clap Cross energiser exercise.

Why

- + To engage in a playful and easy-to-go moodsetter that quickly sets a positive tone for participants.



Clap Cross



Duration



Set-up time



Activity
± 5 min

Pair



Materials



Body Awareness



Exertion



Creativity



Playfulness



2

Mood Setting

Moving Numbers

Outcome

- + To set an optimistic and playful atmosphere for participants.

Props in use

- + None.

Step by step

1. Divide the participants into pairs.
2. The pairs must make turns quickly, saying a number from 1 to 3.
3. After 1-2 minutes, replace the number 1 with a movement such as a jump, so instead of saying "1", the pairs perform the movement.
4. Wait 1-2 minutes, change the number 3 with a different movement, and so on.

Variations

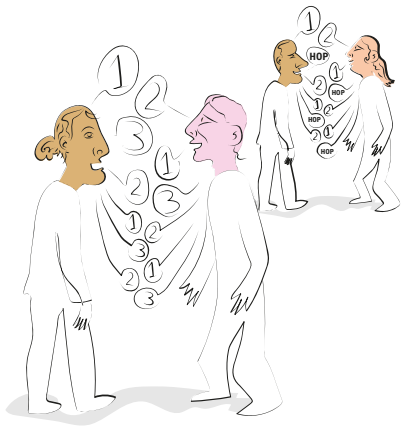
- + Let the participants choose the movement they must perform.
- + Use modifiers such as Metaphors or Movement Perspectives to inspire performing creative movements.

Why

- + Engaging in a playful and easy-to-go moodsetter that forces participants to react and engage physically sets a positive tone for the team.



Moving Numbers



Duration



Set-up time

Pair



Activity
± 10 min

Materials



Body Awareness



Exertion



Creativity



Playfulness



3 Mood Setting

Shrinking Ship

Outcome

- + To extend your body awareness while solving a shared task.

Props in use

- + Blanket, traffic cones or rope.

Step by step

1. Mark an area on the floor with the props.
2. Everyone stands on/within the blanket or the marked area.
3. To simulate a sinking ship, you shrink the area over time, and you have to fit everyone within the blanket or the marked area at all time.

Note

- + For some people the exercise can be intimidating.

Variations

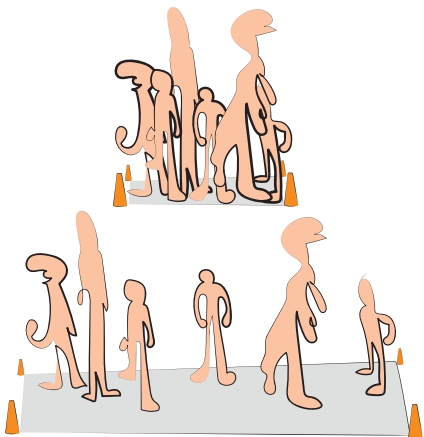
- + Try the exercise without touching each other.
- + Try the sinking ship with restrictions on how many feet are allowed standing on the ground.

Why

- + To develop body awareness and embodied boundary crossing, intra-group communication, teamwork, and embodied decision-making.



Shrinking Ship



Duration



Set-up time



Activity
± 10 min

Small Group



Materials



Body Awareness



Exertion



Creativity



Playfulness



4 Mood Setting

Write Your Name

Outcome

- + To experience how your body can be a medium for illustrating letters.

Props in use

- + None.

Step by step

1. Divide the participants into pairs.
2. Write your name with different body parts.
3. Try to use a new body part for each letter.
4. Make your partner guess your name or words you are writing with your body parts.

Variations

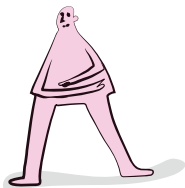
- + You may use, e.g., metaphor modifiers or some other modifiers to inspire your choice of word for writing of different movement words or sentences.

Why

- + To achieve a playful mood, lower the barrier for expressing movement and promote the participant's creativity.



Write Your Name



Duration



Set-up time



Activity
± 10 min

Pair



Materials



Body Awareness



Exertion



Creativity



Playfulness



5 Mood Setting

Silly Walks

Outcome

- + To playfully prepare your body for physical activity.

Props in use

- + If needed a short inspiration video showing Monty Python' Ministry Of Silly Walks – (available online).

Step by Step

1. The participant walks across the room in a silly manner.
2. Change walking style when preferred.

Note

- + It's recommended that participants have practised some creativity warmed up before practising Silly Walks. Use the method late in the mood setting.
- + Strive to have the participants continuously walk silly throughout the activity.
- + Change the silly walk every 30 seconds.

Variation

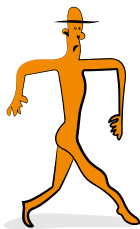
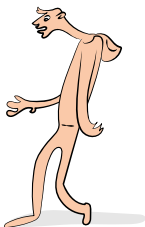
- + Strive to have the participants continuously walk silly throughout the activity.

Why

- + To engage in a social activity while exploring the movement possibilities.



Silly Walks



Duration

 Set-up time

 Activity
± 10 min

Individual



Materials



Body Awareness



Exertion



Creativity



Playfulness



Action Syllables

Outcome

- + To learn each other's names.

Props in use

- + None.

Step by step

1. Everyone is in a circle.
2. The first person says their name, making a gesture (an action) for every syllable. Mary has two syllables, so she does something like "Ma-" (wave right hand) "-ry" (claps in hands).
3. Everyone repeats the first person's name with the same gestures.
4. Then, the second person in the circle calls their own name with a gesture per syllable.
6. The group repeats the second person's gestures and then repeats all previous names and syllables.
7. Continue until all participants have gestured their name.

Variations

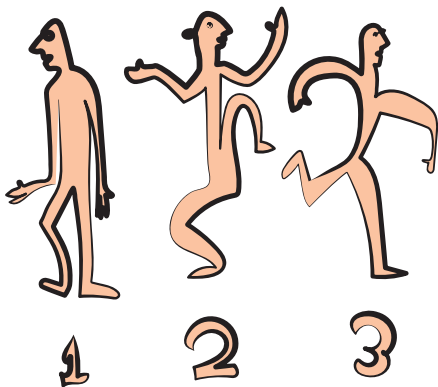
- + Add an adjective that alliterates with your name, e.g. "I'm Wonderful Wendy" or "I'm Smart Steve".

Why

- + To learn the names in a group plus practising movement and language connectedness.



Action Syllables



Duration



Set-up time



Activity
± 10 min

Large group



Materials



Body Awareness



Exertion



Creativity



Playfulness



Add-On

Outcome

- + To create and recall a variety of movements in social interaction.

Props in use

- + Music: Choose freely; Let it be danceful.

Step by step

1. Start in a circle.
2. The first participant creates a movement.
3. The second participant does the same movement and adds on a new movement.
4. Now, the next participant adds on a new movement.
5. Continue until the participants can't recall the created movement sequence.

Note

- + Restart when the movement sequence is not recalled or when preferred.

Variations

- + Use music with different moods/metaphors.

Why

- + To achieve a playful mood and create a Yes, and.... approach by socialising with fellow participants.



Add-On



Duration



Set-up time



Activity
± 10 min

Large group



Materials



Body Awareness



Exertion



Creativity



Playfulness



What Are You Doing?

Outcome

- + To discover and create movement through associations.

Props in use

- + None.

Step by step

1. Divide the participants into pairs.
2. One participant performs an everyday movement (e.g., imitate toothbrushing).
3. The second participant asks, "what are you doing?"
4. The first participant answers with anything else than what they are actually doing.
5. The second participant now performs a movement according to the first participant's answer.
6. Now, the first participant asks, "what are you doing?"

Note

- + It is important to keep performing the movement until you get a new word.

Variations

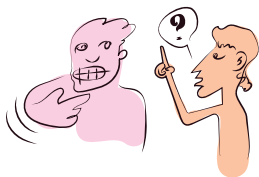
- + Choose different contexts or timeframes of the day, e.g., home, work, sports field, morning session, dinner, meeting etc.

Why

- + To achieve a playful mood and strengthen the creative focus of the participants.



What Are You Doing?



Duration



Set-up time



Activity
± 10 min

Pair



Materials



Body Awareness



Exertion



Creativity



Playfulness



Photo Session

Outcome

- + To heighten awareness of the visual sense.

Props in use

- + None.

Step by step

1. Divide the participants into pairs.
2. One participant act as a photographer and another as a camera.
3. The "camera" closes its eyes.
4. The "photographer" positions the "camera" in front of the chosen scene.
5. When the "camera" feels a tap on the agreed body part, they open their eyes and take a "snapshot" of the scene.
6. Take as many "snapshots" as preferred.
7. Reflect on the "snaps" taken.

Note

- + Take "snapshots" from different angles and of several scenes.

Variations

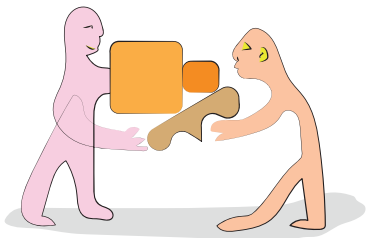
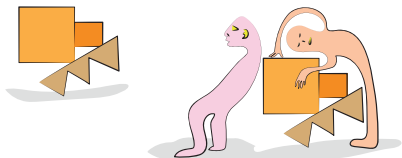
- + Engage a third participant who creates a scene with movement and the "camera" takes video snapshots of the movement.
- + You can use modifiers to alter the attention focus of the photo. .

Why

- + To have participants reflect on visual experiences.



Photo Session



Duration



Set-up time



Activity
± 10 min

Pair



Materials



Body Awareness



Exertion



Creativity



Playfulness



10 Mood Setting

Three Noses Dance

Outcome

- + To familiarise yourself with your groupmates in a fun and silly way.

Props in use

- + Music is optional.

Step by step

1. Let everyone walk leisurely around the room.
2. When you shout "3 Noses!", the players must form small groups, each group consisting of 3 touching noses.
3. Use your imagination; for instance, ask for 7 big left toes, 2 earlobes, 9 fingers, or 4 belly buttons.
4. Repeat until everyone is giggling.

Variations

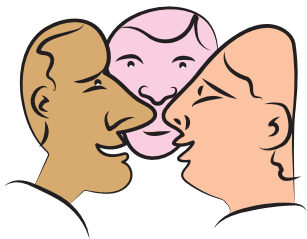
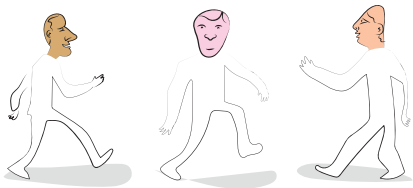
- + With music, the game can be performed like Stop Dance.

Why

- + A game that is good for new groups, as it lets the players get a feel (literally) for each other.



Three Noses Dance



Duration



Set-up time



Activity
± 10 min

Large group



Materials



Body Awareness



Exertion



Creativity



Playfulness



Tumbler

Outcome

- + To strengthen the bond between pairs through physical interactions with a quick warm-up.

Props in use

- + None.

Step by step

1. Divide the participants into pairs.
2. Have each pair sit down with slightly bent legs, facing each other at about a metre distance between them.
3. The activity involves each participant trying to topple the other by only touching each other's raised hands.

Variations

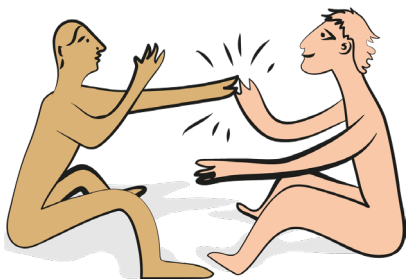
- + Attempt sitting on the bum and make each other feet touch the other, and then try to tilt your mate out of balance.

Why

- + A physically engaging pair activity that serves as a warm-up of the body and promotes bonding among participants.



Tumbler



Duration



Set-up time



Activity
± 5 min

Pair



Materials



Body Awareness



Exertion



Creativity



Playfulness



Guess Who

Outcome

- + To socialise and become more familiar with each other.

Props in use

- + Music: Daby Balde - Kaye Waxma.

Step by step

1. Make sure the group knows each other's names.
2. The group runs freely around the room.
3. Each participant, when they decide to, runs up behind an unaware participant, covers their eyes, and says, "Guess who?".
5. After guessing correctly, the playful game continues.

Note

- + For some people the exercise can be intimidating.

Variations

- + After the person guessed right, the two participants should do a quick funny physical exercise together.
- + Inform the peer exercise by using different modifier cards.

Why

- + To create an informal, playful atmosphere in the group while physically warming up.



Guess Who



Duration



Set-up time



Activity
± 10 min

Large group



Materials



Body Awareness



Exertion



Creativity



Playfulness



Mirror in Circle

Outcome

- + To encourage socialisation and focus the participants' attention.

Props in use

- + None.

Step by step

1. All participants stand in a circle.
2. Make eye contact with the participant in front of you or on the other side of the circle, and start mirroring each other.
3. Once the counterpart has established the routine, both start to walk to the centre of the circle and stop when they are close enough to touch each other, still mirroring each other.
4. All the participants should aim to reach the centre of the circle at the same time.

Variations

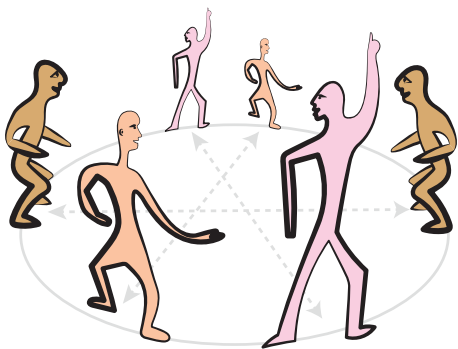
- + Participants can mirror whoever they want and shouldn't let the person they're mirroring guess that they are being mirrored.

Why

- + To socialise, warm-up and focus a group of design participants.



Mirror in Circle



Duration



Set-up time



Activity
± 10 min

Large group



Materials



Body Awareness



Exertion



Creativity



Playfulness



Move to Words

Outcome

- + To create movements inspired by words.

Props in use

- + None.

Step by step

1. Divide the participants into pairs.
2. The first participant says a word.
3. The other participant responds with a movement inspired by the word and says another word.
4. The first participant now performs a movement with that word as an inspiration.

Note

- + It is essential to keep moving until your partner provides a new word for inspiration. High pace is sought; keep ping-ponging back and forth.

Variations

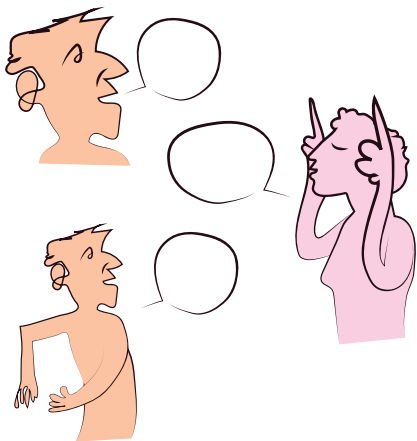
- + Use modifiers cards that promote creativity training of various movement types and directions.

Why

- + To warm up participants and promote their focus on bodily activity and creativity.



Move to Words



Duration



Set-up time



Activity
± 10 min

Pair



Materials



Body Awareness



Exertion



Creativity



Playfulness



15 Mood Setting

Back Mirroring

Outcome

- + To enhance the sense of touch and create movement through physical contact.

Props in use

- + None.

Step by Step

1. Divide the participants into pairs.
2. The pairs stand back-to-back with physical contact.
3. One participant creates a movement.
4. The other participant mirrors the movement as they feel it.
5. The participants then switch roles.

Variations

- + Use various modifiers for tweaking the activity that you are Back Mirroring in e.g. Basic Movement, Movement Perspective, Training Element, Play & Sports Discipline, Play Element, Play Perspective, Metaphor, Persona, Impairment, Constrain.

Why

- + Discover and create movement through the senses and bodily awareness.



Back Mirroring



Duration



Set-up time



Activity
± 10 min

Pair



Materials



Body Awareness



Exertion



Creativity



Playfulness



Grow Body Awareness

Outcome

- + To improve flexibility, coordination, and body awareness.
- + To rediscover efficient movement.

Props in use

- + Sometimes a chair or a yoga mat is used.

Step by step

1. Perform a movement – e.g., lifting your arm sitting, and paying attention to the shifting of weight and the inner movement of your spine.
2. Or twist-roll on a yoga mat or some different slow movement.
2. Expand your attention to related areas of the movement, e.g., if you feel pain or are uncontactable in an area of your body, how does it affect other areas?
3. Deconstruct the movement, pay attention to detail, explore variations, and experience the ground and gravity.
4. Use inspirational video to guide and extend your movement awareness.

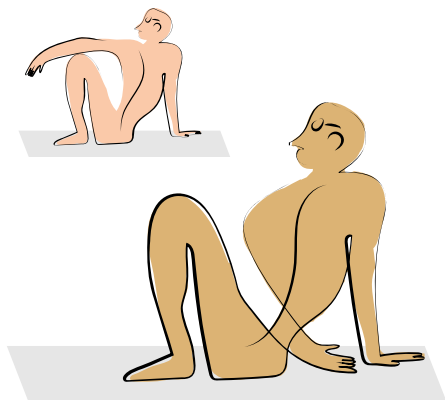
Note Somatic education uses gentle movement and directed attention to help people increase movement capacity.

Why

- + To increase body sensitivity and understand your body and its movements.



Grow Body Awareness



Duration



Set-up time



Activity
± 10 min

Individual



Materials



Body Awareness



Exertion



Creativity



Playfulness



Circle Baton

Outcome

- + To improve coordination and memory of movement while bonding with your teammates.

Props in use

- + None.

Step by Step

1. Place the participants in a circle.
2. The community counts to three. At count one, you clap your hands. At count two, you stomp with your feet. At count three, you jump.
3. The movement is started successively around the circle.
4. After a few rounds, a new movement is started around the circle.
5. The different movements should as in a relay catch up with each other.

Variations

- + Use, for example, Metaphor modifiers, Basic Movement modifiers, or self-selected modifiers to inspire different forms of movement in the circle.

Why

- + To challenge participants' movement memory and coordination and connection socially using bodily movements.



Circle Baton



Duration



Set-up time



Activity
± 10 min

Large Group



Materials



Body Awareness



Exertion



Creativity



Playfulness



Play Spontaneity

Outcome

- + To explore a range of different movements that promote social engagement.

Props in use

- + Music for dancing.

Step by step

1. Establish a circle with 4-20 standing people.
2. Start the music.
3. Ask everybody to make a new movement that no other people are doing.
4. Everybody watches each other to avoid carrying out the same movement.
5. For every minute, ask everyone to make a new movement.

Note For some people the exercise can be intimidating.

Variations

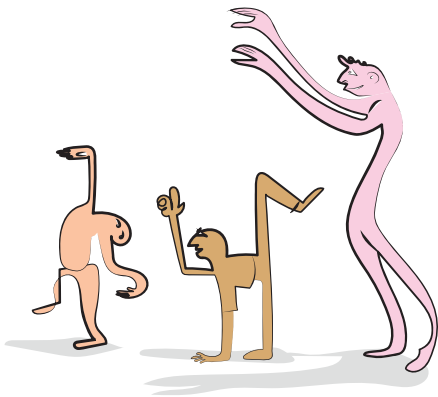
- + Try the exercise while randomly walking back and forth in the group.
- + Try using different modifiers, e.g. Play Element, Play perspectives, Persona, Metaphor, or Logic, Stance & Value.
- + Each participant may, e.g., use different categories of modifiers.

Why

- + To engage in a social activity while exploring the movement possibilities.



Play Spontaneity



Duration



Set-up time



Activity
± 10 min

Small group



Materials



Body Awareness



Exertion



Creativity



Playfulness



City and Country

Outcome

- + To create and imitate movement through association.

Props in use

- + Music for Country: The Dubliners - The Mero.
- + Music for City: Klaus Schulze - Frank Herbert.

Step by step

1. Divide the participants into pairs.
2. Make participants guess who is mainly from the countryside or the city.
3. Have them elaborate their guesses.
4. Agree on who is "mostly" the countryside
5. Put on country music.
6. The participant from the countryside starts moving with inspiration from the music.
7. The other participant imitates that movement.
8. Repeat steps 5-7 with city music.

Note The participants can change partners through the exercise.

Variations

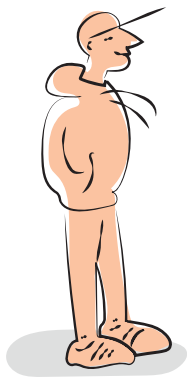
- + Use modifiers to stimulate different movement patterns.

Why

- + To create social connectedness between participants and have them get to know each other.



City and Country



Duration



Set-up time



Activity
± 10 min

Pair



Materials



Body Awareness



Exertion



Creativity



Playfulness



Opposite Moves

Outcome

- + To create spontaneously movements.

Props in use

- + None.

Step by step

1. Divide the participants into pairs.
2. One participant creates a movement (e.g., moving the upper body).
3. The other participant creates an opposite movement (e.g., moving their legs).
4. The participants switch roles, and the second participant creates a movement.
5. Now, the first participant performs an opposite movement.

Variations

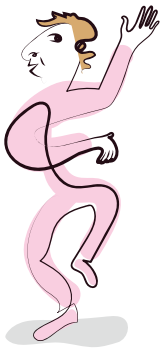
- + Use modifiers to stimulate different movement patterns.
- + Use music with different moods/metaphors.

Why

- + To stimulate spontaneous improvisation.



Opposite Moves



1



2

Duration



Set-up time



Activity
± 10 min

Pair



Materials



Body Awareness



Exertion



Creativity



Playfulness



Positive & Negative Space Awareness

Outcome

- + To explore spatial awareness and space around your partner.

Props in use

- + None.

Step by step

1. Divide the participants into pairs.
2. While slowly moving, the first participant creates a movement filling "positive space."
3. The other participant fills out the space that the first participant does not fill, the "negative space", without touching the first participant.
4. The participants continuously move around each other, either standing or moving through the room.

Note

- + Change roles halfway through the exercise.

Variations

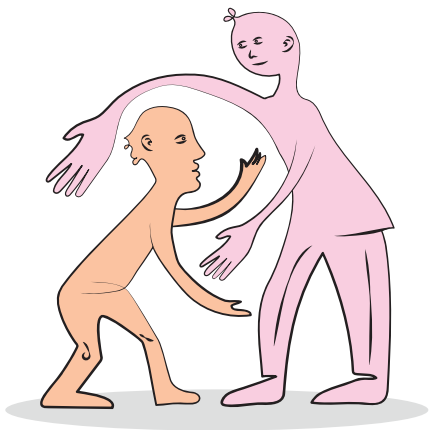
- + Try out the exercise with your eyes close.

Why

- + To have the participants sense their surroundings and socialise with their partners.



Positive & Negative Space Awareness



Duration



Set-up time



Activity
± 10 min

Pair



Materials



Body Awareness



Exertion



Creativity



Playfulness



Head-Clap

Outcome

- + To create and imitate movements.

Props in use

- + Music: Choose freely; let it be playful.

Step by step

1. The participants run freely around the room.
2. At any time, any participant may gently try tapping another participant on their head.
3. It is allowed to avoid being tapped.
4. If a participant is tapped, they must create a movement.
5. The participant who tapped the head must imitate that movement.
6. End the interaction with a high five.
7. Continue the exercise.

Variations

- + Use modifiers to stimulate different movement patterns.

Why

- + To warm up the participants and have them socialise with each other.



Head-Clap



Duration



Set-up time



Activity
± 10 min

Large group



Materials



Body Awareness



Exertion



Creativity



Playfulness



Slow Fight!

Outcome

- + To explore nonverbal communication with a partner.

Props in use

- + None.

Step by step

1. Divide the group into pairs
2. Ask the pairs to start with a boxer greeting—a fist bump.
2. Start fighting in slow-motion.
3. Encourage the pairs to create a flow in the exercise.
4. Encourage the pairs to pick up speed as they get comfortable with the movements.

Note

- + No physical contact in the “fight”.

Variations

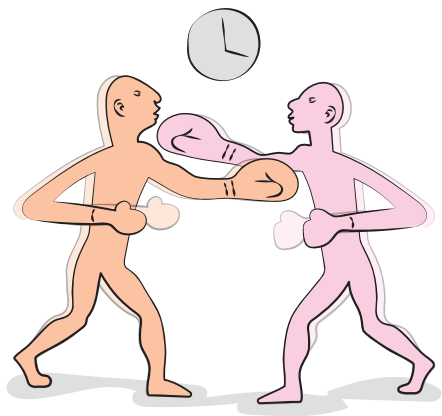
- + Use persona modifiers to give the battle different expressions.
- + Try out value modifiers, enhance different movement qualities during the fight.

Why

- + To explore movement with a partner along practicing movement communication.



Slow Fight!



Duration



Set-up time



Activity
± 10 min

Pair



Materials



Body Awareness



Exertion



Creativity



Playfulness



Turn on a Body Part

Outcome

- + To create and imitate movements.

Props in use

- + None.

Step by step

1. The participants run around freely in the room.
2. At any time, the participants may gently tap another person somewhere on their body.
3. It is allowed to avoid being tapped.
4. If one participant is tapped on a body part, the person must create a movement with that body part.
5. The participant who tapped the body part must imitate that movement.
6. End the interaction with a high five.
7. Continue the exercise.

Variations

- + Use music that fits the aim you are striving for.
- + Use music with different moods.

Why

- + To warm up the participants and have them socialise with each other.



Turn on a Body Part



Duration



Set-up time



Activity
± 10 min

Large group



Materials



Body Awareness



Exertion



Creativity



Playfulness



Stop Dance

Outcome

- + To get your body warm and practice creative movements.

Props in use

- + Speakers, music (all genres)
- + Music good for running and jumping.

Step by step

1. Move freely to the music (with focus on being able to suddenly stop).
2. When the music is stopped, all participants freeze. Inspire participants to challenge themselves with movements that are hard to stop.
3. Participants combine movements in which they depend on each other.

Note

- + The energy of the music is decisive for the effort people make and the fun they experience from the warm-up exercise.

Variations

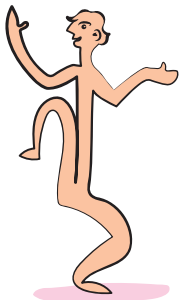
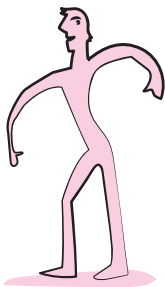
- + Use different modifiers to inform and enhance the creativity of the different stop-exercises.

Why

- + To get your body warmed up for exercises combined with exploring the movement possibilities.



Stop Dance



Duration



Set-up time



Activity
± 10 min

Large group



Materials



Body Awareness



Exertion



Creativity



Playfulness



The Body Mover

Outcome

- + To create movement through embodied interaction.

Props in use

- + None.

Step by step

1. Some participants (a third of the group) are the Movers, and the others are the Targets.
2. The Movers create movement by moving one or more of the Targets' body part(s).
3. The Targets must continue that movement repeatedly until another (or the same) Mover changes the movement.
4. The Mover can switch roles with a Target by "tagging" them.

Note

- + If needed, the participants can keep their roles until halfway through the exercise and then switch so that everyone has the same amount of time playing both roles.

Variations

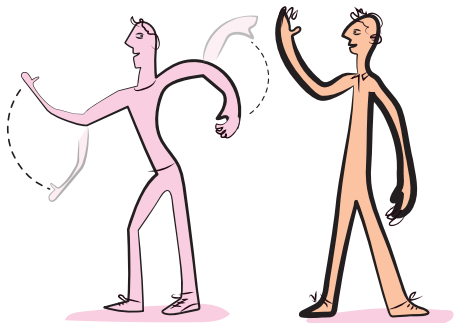
- + You can increase the difficulty having the participants move several body parts.

Why

- + To reach a playful mood and have the participants explore movement possibilities with their fellow participants.



The Body Mover



Duration



Set-up time



Activity
± 10 min

Large group



Materials



Body Awareness



Exertion



Creativity



Playfulness



Dance Team Building

Outcome

- + To get to know each other and prepare for teamwork in a fun and creative way.

Props in use

- + Bluetooth speaker(s).
- + A suitable hip hop tune.
- + Phone or other music device.

Step by step

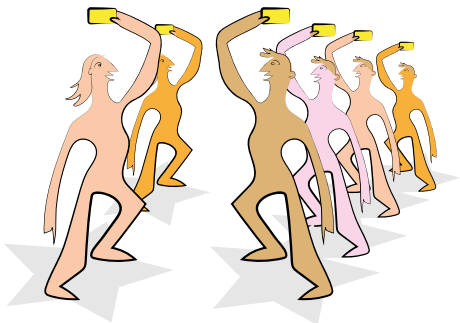
1. In pairs (presentations) work with the dance and try to learn it for some minutes, or until it is clear that participants are getting it.
2. Put pairs together (presentations) for your preferred group size.
3. The groups practice together until they can synchronize the moves.
4. Ask groups to add a new block of moves for 8 beats. Give time to practice.
5. When ready. All groups show their "new" dance to the other groups. Keep the music on and start each group one after the other. Each group show for about 30 seconds.
6. Put two teams together (presentations); each team teach the other their dance. They can now put both "new" blocks together to complete the dance.

Why

- + To challenge participants to be body creative and get to know your course mates.



Dance Team Building



Duration



Set-up time



Activity
± 40 min

Large group



Materials



Body Awareness



Exertion



Creativity



Playfulness



Bubble-gum Queen

Outcome

- + To strengthen followership through guided movement.

Props in use

- + None.

Step by step

1. Divide the participants into pairs.
2. The first participant touches the other participant somewhere on their body and places an imaginative "chewing gum".
3. Remove the hand to create an imaginative "string of gum".
4. The first participant leads the other participant's body part with the "string of gum".
5. Now, the other participant must move as the "string of gum" leads them.
6. The follower can break the string by "cutting" it with your hand.

Note

- + Change roles and/or partner through the exercise.

Variations

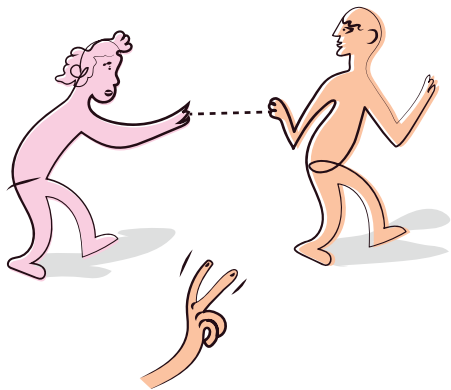
- + Place two "gum strings" to increase the difficulty.
- + Use modifiers to twist the activity.

Why

- + To have the participants sense and socialize with their partners.



Bubble-gum Queen



Duration



Set-up time



Activity
± 10 min

Pair



Materials



Body Awareness



Exertion



Creativity



Playfulness



Blind Imitation

Outcome

- + To enhance your sense of touch by blindly mimicking your teammate's pose.

Props in use

- + None.

Step by step

1. Ask the participants to create a circle with one individual in the middle.
2. Have everybody close their eyes.
3. The participant in the middle moves in a unique way or pose.
4. The participants making up the circle must sense, using their hands, how the participant in the middle is posing.
5. Now, they must find space in the room to imitate the pose as they believe it is performed.
6. The participant in the middle decides when the other participants can open their eyes.

Note The exercise can be intimidating. Start the activity with expectation matching or make participation optional.

- + To ease up the exercise, you can recommend covering up intimate body areas.

Variations

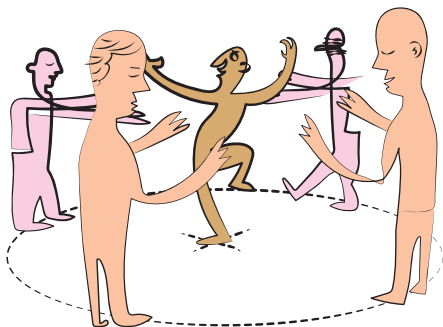
- + You can repeat the exercise with a new participant in the circle's centre.

Why

- + To achieve an explorative mood and the participants imagine and create through sensing.



Blind Imitation



Duration



Set-up time



Activity
± 10 min

Large group



Materials



Body Awareness



Exertion



Creativity



Playfulness



30 Mood Setting

The Longest Shadow

Outcome

- + To encourage collaboration through competition and creative movements among participants.

Props in use

- + Light from a single source (the sun).

Step by step

1. Create the longest possible shadow by combining all the team members.
2. Be creative and try different solutions.

Note

- + For some people the exercise can be intimidating.

Variations

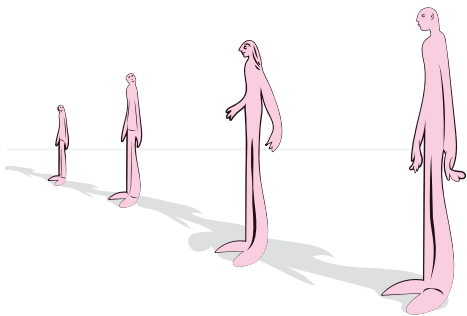
- + If you are many people, try to make more teams.
- + Try to do a Lucky Luke shadow – faster than your own shadow – like a shadow sequence.
- + Try using modifiers, e.g., Metaphors, Persona, Sports & Play Discipline etc., to tweak the shadow sequence.

Why

- + To engage in a social activity while collectively exploring how your movement are shaping shadows.



The Longest Shadow



Duration



Set-up time



Activity
± 10 min

Large group



Materials



Body Awareness



Exertion



Creativity



Playfulness



Creative Collaboration

Outcome

- + To socialise and express creatively through movement.

Props in use

- + None.

Step by step

1. Make small groups (2-5 participants).
2. Each group must work to solve a task without talking (only moving).
3. The task could be to make a bodily form of Mona Lisa or simulate a strike in bowling.
4. Continue completing the different tasks without talking.

Variations

- + Use different modifiers to inform various movement images and words to initiate a variety of movement sequences.

Why

- + To encourage the participants to use movements to express themselves rather than using words.



Creative Collaboration



Duration



Set-up time



Activity
± 10 min

Small group



Materials



Body Awareness



Exertion



Creativity



Playfulness



Unravelling the Rope

Outcome

- + To form a bond with a partner.

Props in use

- + A rope for each participant.

Step by step

1. Divide the participants into pairs.
2. Using two ropes, one for each participant, first tie one rope between the wrists of the first participant.
3. Tie the other rope to the second participant's wrist and loop it into the first participant's rope and back to the second participant's wrist and tie it together. The two ropes connect the participants.
4. The participants should try to untie the connection while still having the ropes tied to their wrists.

Note

- + For some people the exercise can be intimidating.

Variations

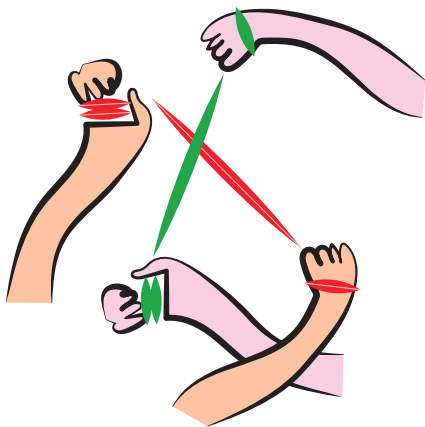
- + Use constraints modifiers to give the problem-solving a different focus.

Why

- + You engage in social bonding activities while exploring pair problem-solving to enhance team building.



Unravelling the Rope



Duration



Set-up time



Activity
± 10 min

Pair



Materials



Body Awareness



Exertion



Creativity



Playfulness



Tricky B.U.T.T.O.N.

Outcome

- + To exercise observation, cooperation, and competition.
- + To enhance social interactions.

Props in use

- + B.U.T.T.O.N. and a PC.
- + Deck of picture cards.
- + One gamepad per player. Or use the keyboard.
- + TV screen with good sound.

Step by Step

1. Set up a multiplayer B.U.T.T.O.N. session.
2. Set a deck of picture cards upside-down next to the players.
3. Play 4 minigames normally.
4. Then replace each minigame's first instruction by a quick charades game:
 - a. Players turn away from the screen. One player draws a card, sets it on the forehead.
 - b. The rest try to make him/her guess the picture in the card with mime (no sounds allowed).
 - c. Upon correct guessing, all players go back to the minigame and try to win.

Variations

- + Change user position or change persona.

Why

- + To challenge participants with simple and quick embodied design exercises that imply body movement, creativity, and observation, while participating in gameplay against the clock.



Tricky B.U.T.T.O.N.



Duration



Set-up time



Activity
± 20 min

Small group



Materials



Body Awareness



Exertion



Creativity



Playfulness



Johann Sebastian Joust

Outcome

- + To promote body expression and experience free movement in gameplay, personally and as a team.

Props in use

- + Sportsfriends for PS4.
- + Four PS Move controllers.
- + TV screen with good sound.

Step by Step

1. Set up a 4-player Johann S. Joust session.
2. Play normally 3 times.
3. Replace the game goal by a space exploration challenge:
 - a. Players should move close to each other following the game's rules.
 - b. While moving, they must traverse their interpersonal space with body movements inspired by the music.
 - c. Players should explore the space around them deeply while avoid getting eliminated.
4. Make players compete for the best team.

Variations

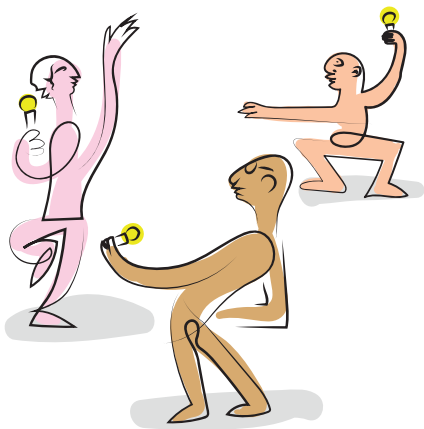
- + Try out different (in-game) settings for number of lives and respawn time.
- + Add extra props to the activity (chairs, tables, balls, anything at reach).

Why:

- + To let participants freely explore the limits of their bodies and the space between them while following a gamified music challenge.



Johann Sebastian Joust



Duration



Set-up time



Activity
± 20 min

Small group



Materials



Body Awareness



Exertion



Creativity



Playfulness



35 Mood Setting

Copy Dance Theme

Outcome

- + To exercise observation and evaluation of movements, expressivity, and imitation skills.
- + To improve accuracy and timing in a team competition.

Props in use

- + 1-2 Switch for Nintendo Switch.
- + Two joy-con controllers.
- + (Optionally) TV screen with good sound. Otherwise use Switch's own screen.

Step by step

1. Set up a Copy-Dance session for 2 players.
2. Make all players play the minigame normally in pairs.
3. Then name a third player as the leader:
 - a. The leader proposes a topic that applies to a complete round.
 - b. Players must make poses according to the proposed topic.
 - c. Change topic every round.
4. Name a new leader and repeat 3.
5. Make players compete for the highest score.

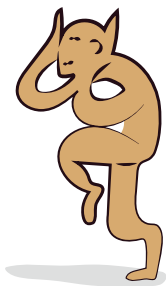
Variations: Appoint a participant as a guesser. The leader secretly proposes topics; the guesser must guess the topic performed.

Why

- + To challenge participants to be body creative by quickly designing and performing a set of body moves to express specific concepts.



Copy Dance Theme



Duration



Set-up time



Activity
± 20 min

Pair



Materials



Body Awareness



Exertion



Creativity



Playfulness



Just Dance

Outcome

- + To perform a physical warm-up and start relating body movement to physical expressivity by mimicking choreographies.
- + To foster competition by performing accurate and well-timed body movements.

Props in use

- + Just Dance (3 or upwards) and 4 compatible motion controllers.
- + TV screen with good sound.

Step by step

1. Set up a multiplayer (quartet or dance crew) Just Dance session for 4 players.
2. Make players agree on a song to dance and play it through!
3. Compete for the highest score in several rounds.

Variations

- + Switch the cooperative mode on and ask players to get the highest team score!

Why

- + To physically warm-up body and mind in teams, through a playful guided activity that fosters competition and light teamwork.



Just Dance



Duration



Set-up time



Activity
± 20 min

Small group



Materials



Body Awareness



Exertion



Creativity



Playfulness





Duration



Set-up time



Activity
± min

Materials



Body Awareness



Exertion



Creativity



Playfulness

