

Where are you?

Warm up

source: Coloured glass manual



10-50 people



15 minutes

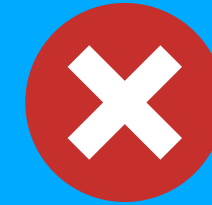
Topic

help to focus on the surroundings

Objectives

- To raise the level of energy of participants and warmup for the further activities.
- To create a positive atmosphere in the group.

Jammin Board



ARTS



NFE



INCLUSION

Steps

1. Ask the group to spread out evenly in the space available, and – at the signal – start walking. While doing so, ask everyone to pay attention to where the others are.
2. When the game-leader calls “stop!” everyone stops and closes their eyes. When everyone has closed their eyes, the game-leader asks “Where is [name]?” and the players are to point (still with their eyes shut) to the relevant person.

This can be repeated as often as you like. After a while, everyone will try to focus more on the other people and so the group becomes more aware of all of its members.