

Antagonist

Stepping Stones : Teambuilding & Empowerment; Body, Movement and Senses

Materials : no materials

Type of exercise : oral

Duration exercise : 15 min.

Objectives

The learner can understand simple instructions.

Preparation

- Think of instructions, e.g.
Stand up!
Sit down!
Look up! Around you!
Look no one in the eyes!
Walk slowly! Fast!
Take big steps!
Walk forwards! Backwards! In circles!
Bump into others!
Be quiet!
Scream!
Jump!

Instructions

- Move freely in the room.
- Give your instructions one by one.
- Tell the learners they have to do the opposite of your instruction.

Variant

Let the learners give instructions.

Read more in our manual at www.alternativeways.eu

Language skills / Linguistic performance

- Listening

Linguistic competence/knowledge

- Vocabulary
- Oral language skills

Social-emotional skills and competences

- Communication skills
- Fun
- Imagination, creativity and learning to learn