

## Rain, storm and thunder

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

Materials : no materials

Type of exercise : oral

Duration exercise : 15 min.

### Objectives

The learner can connect and contribute to the energy of the group by sound and motion stimulation.

### Preparation

Name the elements: *wind, rain, thunder, lightning, storm.*

### Instructions

- Sit in a circle and tell the learners you are going to make it storm together.
- Rub your hands gently and say *Wind*.
- Ask the learner on your right to join in.
- Ask the learner on his/her right to join in, till gradually everyone is rubbing their hands. The rubbing sounds like the wind.
- Start rubbing more quickly and stimulate the learners to keep pace with you.
- Start snapping the fingers of your right hand, say *Rain* and ask the learner on your right to join in, then the next learner and so on.
- You now hear rain and wind, as the group gradually goes from rubbing to snapping.
- Snap the fingers of both hands, say *Storm* and do it faster: the rain increases in sound and speed; the learners follow one by one.
- While snapping your fingers, stamp your feet to make the sound of the thunder and shout *Thunder*.
- Jump from your chair and shout *Lightning*. One by one the learners follow, like a Mexican wave, making the sound of a thunderclap from a nearby lightning strike.
- Make the storm decrease slowly and end with soft clapping (last rain drops) and soft rubbing (weak wind) and then silence....

## **Closing up**

When the teacher stops, it is not over yet; it is only silent when the last one in the circle, the person to your left, has also stopped.

## **Tips for the instructor**

Record this exercise. It is fun to listen to the storm you have generated together.

## **Read more in our manual at [www.alternativeways.eu](http://www.alternativeways.eu)**

*Language skills / Linguistic performance*

- Listening

*Linguistic competence/knowledge*

- Vocabulary

*Social-emotional skills and competences*

- Fun
- Imagination, creativity and learning to learn