



TITLE of the activity: **Fruit Salad**

Type of activity: Introductory Energizer

Age range: all ages

Materials: Chairs

DESCRIPTION:

The teacher asks the students to form a circle with their chairs, ensuring there are only as many chairs as students. Two chairs are then removed. The teacher asks the two students without chairs to stand in the middle of the circle, while the teacher remains outside the circle.

The teacher assigns a name to each student in turn - lemon, orange, apple, lemon, orange, apple, and so on. The two students in the middle are assigned a name as well.

The teacher explains: "I will shout out a fruit name, which will be either lemon, orange or apple. If you hear your fruit called out, you must leave your own chair and find another. If you are left in the middle, you must wait until your fruit is called or until you can find a chair. If I shout 'fruit salad', then everyone must leave their chair and find another". The teacher ensures that everyone understands the rules and then starts the energizer.

The teacher calls out the different fruits in sequence and occasionally adds in 'fruit salad', continuing this process until the teacher feels that the energy levels have increased or that the students start getting tired.

Photos:





TITLE of the activity: **Jump in/Jump out**

Type of activity: Teamwork

Age range: all ages

Materials: none

DESCRIPTION:

Objective:

To perform a task although your brain is confused by getting a series of mixed messages.

Instructions:

1. The teacher asks the students to form a circle. Students hold hands and face in towards the centre.
2. The teacher announces that s/he wants the group to: "SAY WHAT I SAY, AND DO WHAT I SAY."
3. The teacher practices this skill using one of these four commands: "JUMP IN," "JUMP OUT," "JUMP LEFT" or "JUMP RIGHT."
4. The teacher calls out a series of 'Jump' commands, one after another for 20 seconds.
5. The teacher asks the students to re-form the circle and announces that s/he now wants the group to: "SAY THE OPPOSITE OF WHAT I SAY AND DO WHAT I SAY."
6. Continue with a series of 'jump' commands, one after another for 20 seconds, or until the circle breaks up.

Photos:





TITLE of the activity: **Dynamic Paper Holding**

Type of activity: Creativity & Teambuilding

Age range: all ages

Materials: A4 papers

DESCRIPTION:

The teacher asks the students to form teams of three to five people. In this activity, each team is challenged to assist two of their group members to hold as many pieces of paper off the ground as possible using only their bodies. To ensure fair play, the following guidelines need to be adhered to:

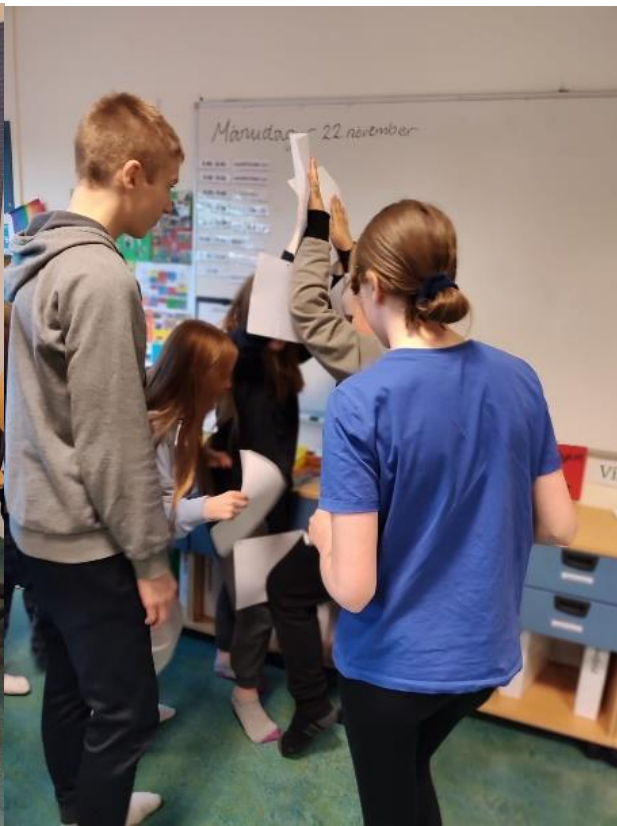
- Only one sheet of paper can be held between any two body parts;
- No adhesives can be used to affix paper to one's body;
- Folding the paper is not permitted;
- Each sheet of paper must be in contact with both team members;
- No two sheets of paper can be touching.

The teacher states the guidelines and checks that the students have understood the instructions. S/he asks two students from one of the teams to volunteer and hold one sheet of paper between the palms of one of their hands to demonstrate.

The teacher informs the students that they have up to 10 minutes to conclude the activity. Sheets of paper are distributed to each team, and the activity starts. The team with the largest amount of held according to the guidelines provided wins.



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TEACHING IDEAS



School and country: Gozo College Secondary School – Gozo, Malta