

HANDBOOK FOR TEACHERS

ART FOR WELLBEING IN THE CLASSROOM

NAME, ACTION, COPY

Good for	Fun Group building for 10 -15 people Imagination A group that has gained confidence together
Length	10 – 15 minutes
Resources	Large Room / outdoors
Actions	<ul style="list-style-type: none">• Stand in a circle• Invite everyone to introduce themselves through walking into the centre of the circle and performing any action of their choice.• Once the person has returned to their place, everyone else copies the action and speech together. They return to their places
Tips	Lead the first few introductions so that everyone keeps time together. Make sure each 'performer' has returned and settled in their place before the group copies.
Variation	Go around a second time and ask them to exaggerate their movement / voice. Shy children may not want to do this, you can invite them to pass. It is good to demonstrate that small actions are as valuable as big ones. Small actions require the group to observe each other more closely.

