

HANDBOOK FOR TEACHERS

ART FOR WELLBEING IN THE CLASSROOM

SILLY WALKS

Good for	Fun, imagination Body and movement confidence Group building for up to 30 people
Length	10-12 minutes
Resources	Hall / outdoors
Actions	<ul style="list-style-type: none">• Line up the group in single file• Invite them to follow each other around the space• Invite them to copy the walk of the person in front of them.• When everyone is doing the walk in time together, the leader goes to the back of the queue.• Invite each leader to think of a silly walk that they like.• The leader does their silly walk and everyone follows in single file, until everyone has had a go and then stop.
Tips	Don't go too fast
Variation	-

