

## Session 3

The teacher greets the class and takes the register. It is possible that there may be a new child in the group but s/he must realize that already introductions have been made and some ground covered.

### Skills used in this session

- Learn how to use movement effectively -and expressively.
- Explore non-verbal communication.
- Understand that their actions may affect/limit other peoples.
- increase confidence and self esteem.
- increase mutual support.
- develop agility and co-ordination.
- take pleasure in their physical self and in physical interaction with others.
- develop positive attitudes.
- encourage safe practice.

### Fruit Bowl

Children sit in a circle on the floor.

Give each child the name of a fruit (apple, banana, pear, apple, banana)

Call out the name of one fruit e.g. apple.

When this happens all the 'apple children' stand up and run clockwise around the outside of the circle and back to their place.

The last person to sit back in their place loses a point.

(all children have 3 points to begin with)

If the teacher calls out fruit bowl the children have to turn around and race anti-clockwise back to their seat.

Fruit bowl can be said at any time and as many times as the club leader wishes.

### Name that toon

- Ask a child to pretend to be a cartoon character.
- The child then chooses a child sitting nicely with their hand up to guess the character.

Explain what we mean by hypnosis and what it is to be in a trance.

### The Hypnotist

- Discuss with the children some moves that they could do whilst walking - such movements might include turning around, touching the ground, stretching to the ceiling, jumping, hopping. etc. I'm sure that the children will be able to think of much more imaginative moves

than I can! But remember they have to be able to do it whilst walking.

- Once you have collected some good suggestions, take a few of them and give each one a number, so that when the children hear the number, they can do the action required.
- Be careful not to use so many numbers that the children can't remember which number goes with each action. You can always add more if required.
- Run through the actions with the children several times before beginning the game.
- Children walk around in a circle but make sure the circle doesn't become too small.
- As the children move around the circle, the leader then shouts out one of the numbers.
- The children then do the action as they move around the circle as a volunteer would do at a hypnotist's command. The children should be silent as they walk around as though in a trance.
- If any child does the wrong action then that child must sit out. Once a child is out you may wish to have that child shout out the commands. Be careful that this doesn't become an incentive for children to be out, as can happen with younger groups.

If time remains...play **What is the adverb?**

- One child is to leave the room
- The rest of the children decide on an adverb (a word that describes how something is done)
- When the absent child re-enters the room, they will say a verb or a doing word which the children must perform as per the adverb.
- The child who left the room initially must then guess the adverb chosen by the rest of the class