

GROUP MODERATION

Warming-up Games

INTRODUCTION

It is very important that the participants be awake, alert, and active during the sessions. If you feel that the group is sluggish, bored, tired or uninterested, use some “Warming-up Games” or “Activating Techniques”.

Occasionally these techniques may be required at the beginning of the session; more often than not, you will have to use them when the session is in progress!

If after trying all possible stunts, you cannot keep the participants alert, awake and interested, better wind up the session for the time being. Else, change the topic, the type of exercise or the methods used. Be very much in touch with the feelings of the group, and ready to change the course of the seminar or camp at the drop of a cap. Have frequent check-ups and evaluations with the moderators’ team.

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1. SINGING

Singing songs or hymns is a good method to wake up your audience. Make them sing aloud! The singing of rounders and action songs are specially effective.

2. MOVEMENT

Make them stand up, stomp their feet, clap hands, stretch themselves, stand on their toes, walk around the room, jump as high as they can, etc. Take them out to the garden or compound for a run or a race, etc.

3. BREATHING EXERCISES

a) Plain Breathing exercises: Moderator lead them.

b) The Scream: All stand and close their eyes. They are told to breathe slowly and deeply. Next, all the members of the group breathe in unison faster and faster. Finally, they are instructed to jump up and down together scream as loudly as possible.

c) Whoosh: All stand, stretch up, and breathe deeply in unison. Then they are told to bend forward quickly at the waist, dropping their arms as if they were going to touch their toes. This is repeated several times.

4. FORMING GROUPS AS ANNOUNCED

All stand in a circle. The leader announces: Form groups of 3 or 5 or of any other number.

Those who formed groups of less or more than the number announced are out of the game.

The leader will keep calling numbers till only the finalists are left.

5. THE STORM ARISES AND CARRIES AWAY

All sit in a circle. The leader announces: The storm arises and carries away all those who wear specs... who have black hair..., who wear saris.., who have white color in their clothes..., or any other characteristics.

Those referred to, have to exchange places. Those who do not change places or who hesitate are out of the game....

6. BIG AND SMALL.

All sit in a circle. The leader stands in the middle and gives the following instructions:

I'll come to anyone in the group and I'll say two words: The first word will be either big or small; the second word can be anything under the sun: e.g. small tree, big elephant...

As I say the words, I'll make a gesture with my two hands showing big or small.

The person alluded to has to say the opposite of what I say, and at the same time make a gesture opposite of what he says: e.g. If I say **big elephant**, he will have to say: **small elephant**, and open his hands wide in a gesture signifying big. If he does not follow the instructions properly, he will come to the middle of the circle and carry on the game.

7. TOUCHING BLUE

Tell all for instance: Touch Blue! All have to touch something blue, on themselves, on others, on the walls, in the room etc.

Next call another color, and another and so on...

Those who cannot touch on time a thing of the color asked for, will be out of the game.

Not more than one person can touch the same thing at a time.

8. NUNMERING UP

Participants are asked to call numbers in any serial way; for instance, 1, 3, 5, etc... or 0, 4, 8, etc or doubling up, 2, 4, 8, etc...

This should be done fast. If any one makes a mistake, the bell or the whistle is rung.

9 SLOGANS AND PROVERBS

One after another will shout a slogan, or recite a proverb by heart.

No proverb or slogan may be called out a second time.

He who fumbles for words will be out.

10. WORDS OF A CERTAIN NUMBER OF SYLLABLES AND OF A CERTAIN KIND

The leader will give a word belonging to a class of things:, for instance, Fruits, Flowers, Cities, Countries, Games...

The word can be of two or three syllables, for instance, Foot-ball.

The whole crowd shouts "one, two" and immediately the person next to the leader has to shout another word of two syllables belonging to the same class, for instance, Play-ground; Hoc-key: etc..

Again the crowd shouts "one, two" and the next man has to give another word of the same kind.. and so on ..

The one who makes a mistake is out of the game, or be given a forfeit.

11. WAKING UP IN THE JUNGLE

Ask the participants to think of any wild animal in the forest and of its call or voice.

It's morning now. The animals are getting up from its sleep.

Tell them to imagine that they are those animals.

They have to imitate the sounds of their animals.

As the animals awake, the noise of their voices, becomes louder and louder.

Start shouting now from low to loud the sound of the animals hey chose.

It is a very good game for sleepy groups.

12. BACK LIFT

Participants form pairs.

Partners sit on the floor back to back and they lock their arms together.

They try to stand up on their feet, back to back. Once they stand, arms still locked, by bending forward they lift one another from the floor.

13. HA! HA! HA! (For Youngsters only)

Participants lie on the floor, each person with his head on someone else's abdomen. One member begins laughing and all the others join in uproariously.

14. NONSENSE SYLLABLES

Participants break into groups of threes.

Each one has to convey his true feeling to the others using only nonsense syllables like: Zoop! Po! Fu!

15. DO IT WITH ME

All stand in a circle, close to each other. .

The leader stands in the middle and turns to each participant showing different movements to the tune of 1-2.

Each participant imitates the leader's movements, and carries on doing the same action till the leader comes back to him. As the leader keeps changing actions for different people, there is great fun, by all doing different actions at the same time

16. BLIND MAN'S STICK

All sit in a circle, and one blind-folded participant is brought in.

He points out with his blind man's stick to any part of the circle.

The person pointed out by him has to imitate the sound of an animal or a bird.

If the blind-folded man recognizes the person who made the sound, they exchange places.

17. TALYAT! MALYAT!

All stand in a circle.

When the leader says "Talyat" all jump.

At the call of "Malyat" all keep still.

The leader may jump at the wrong moment to confuse the participants.

Those who jump at the wrong call are out of the game

18. SITTING FAMILY

A small number of cards, depending on the number of participants, is marked with family names, and position within the family.

Each family has four members (and four cards). For instance, Father Johnson, Mother Johnson, Daughter Johnson, and Son Johnson.

The cards are mixed up and distributed among the Participants.

When the game leader gives the signal; everybody moves around the room trading cards with other players.

At another sign from the game leader, all the members of the same family must find

each other and sit down on one single chair: father Johnson at the bottom, then mother, son and daughter.

The family that is last to sit is eliminated.

Then another round begins ... till the finalist family wins.

19. A WALK

The game leader tells a story about a walk. He describes everything that happens on the walk and accompanies the narrative with gestures and movements, which the group has to copy. For example:

Walking along the streets: Slap your thighs rhythmically.

Walking on the grass, rub your palms together.

Crossing a bridge beat your chest with your fists.

Jumping over a ditch: first drum on your thighs quickly, pause, and then slap your knee

Climbing a tree: place your fists alternately one on top of the other while you stand up slowly and then climb on a chair... etc...

20. PICNIC ON THE BEACH

The leadership of the game will go by rotation to all or to several players.

The leader of the game starts telling the group a story about some people moving about on the beach on a picnic day.

The group carries on doing the actions described by the leader; such as walking... hopping... running. . . sitting crawling ... etc....

When the narrator says "low tide" all the players have to sit on the floor.

The last to sit down has to carry on the story.

When the narrator says "high tide" everyone has to get off the floor altogether, for example by climbing onto a chair or table or elsewhere. Whoever is last to climb is out of the game.

21. THE MACHINE

A person goes to the middle of the room and acts the repetitive motions and sound of a part of a "machine".

Others come forward and add parts to the machine until the entire group is involved.

22. COMPUTERS

Small groups of four or five are formed. Each group is supposed to be a "Computer". They stand in semicircles facing the facilitator.

The facilitator inserts a "card" into one of the computers by saying a word: e.g. "Life" or "He" or "Girls" etc. The "components" of the computer respond by creating a full sentence, one word per person at a time.

The sentence is ended by one component saying any of these expressions: "period", "question mark", or "exclamation point".

The process is repeated with each computer.

On the second round, computers turn to ask questions to the other computers, for instance: "What is the meaning of life?" "What shall we do next?" Etc...

The computer has to reply by each component, adding one word at a time.

Finally, the computers are linked together to build a sentence or sentences about the whole experience, with at least one word contributed by each component.

23. PLAYGROUND

The facilitator announces that the group is on a play-ground,
Participants act out swinging, climbing, sliding, playing cricket, tennis, etc...

24 . CONGO LINE

Participants lineup, each placing his hands on the waist of the person in front of
hint.

Various rhythmic patterns are called out as the group moves around the room.

25 ELEPHANT AND GIRAFFE

Participants stand in a circle; one volunteer will be called "It".

The volunteer stands at the centre of the circle, points to any member and says:

Either "Elephant" or "Giraffe",

The person pointed out and the participants at his right and left have to pantomime
some part of the designated animal (nose, ears, trunk, neck. . .)

The person who fails to respond in time becomes "it",