

Dancing on paper

Adolescents dance in pairs as part of a contest.

 5/5

 1/5

 10 min

Note: This activity involves adolescents having some physical contact with each other. It may work best in adolescent circles with only boys or only girls, or for mixed gender circles, if adolescents are divided into same-gender pairs.

1

Begin the activity by dividing adolescents into groups of two. Each pair should stand on one piece of newspaper. Explain that in the activity, adolescents need to dance on the piece of newspaper. If either member of the pair touches the ground beyond the edge of the newspaper with any part of his or her body while dancing, the pair is disqualified from the game.

2

Begin to play music.

Use any type of device that is available, such as a mobile phone or radio. (If no device is available, the facilitator can clap his or her hands, or the entire group can sing a song together). Stop the music after approximately 30-45 seconds.

3

Explain to adolescents that they should fold their piece of paper in half. (They may step off of the newspaper to do so). Then they should stand on the paper again.

4

Begin to play music again, and ask adolescents to begin dancing again in pairs.

After approximately 30 seconds, stop the music. Ask adolescents to fold the newspaper in half again and then continue with the music and dancing. As pairs of adolescents are disqualified, they should move to stand in a circle around those that are still participating in the dance contest. They can participate by dancing, clapping or singing along to the song.

5

Continue the activity until there is only one pair of adolescents remaining. You and the other adolescents should congratulate them for winning by applauding, and/or the entire group can continue to dance together for a minute or two, if the adolescents are still interested and engaged.

Environment

Indoor or outdoor space.

Supplies

Large pieces of newspaper (If newspaper is not available, cut pieces of any fabric into rectangles that are at least as large as a piece of flip chart paper or the marker board in the supply kit.

