

Group statues

Adolescents play a game where they must portray a word by posing like statues

📱 4/5

📄 1/5

🕒 10 min

1

Explain

At the start of the game you will ask the adolescents to move around the room, loosely swinging their arms and gently relaxing their heads and necks.

2

Explain

After 10-15 seconds the facilitator will call out a word. The group must form themselves into statues that describe the word. For example, the facilitator shouts "happy". All the participants have to instantly freeze without talking, and pose in a way that shows what "happy" means to them.

3

Repeat the exercise several times.
Other words to use include: fun, dizzy, excited, tired.

4

Optional

Use words that relate to themes adolescents have been exploring through their activities, such as peace, stress, or friendship.

5

Optional

Call on a volunteer adolescent to call out words for the game.

Environment

Indoor or outdoor space.

Supplies

None needed.