

Title of the activity : I HAVE A LITTLE HOUSE

For who : 8+

Duration : 10 minutes

Number of players : 20 -30 people.

Place : Outside/Inside

Characteristic :

To raise the attention of the participants to respect to each other, raise their energy and can have fun.

Type of energizer : Group

Educational interest :

- Cooperation
- Time work
- Attention
- Fun

Goal : Boost the energy of the group

Starting in a circle, one of the participants explains the roubles of energizer. After that all repeat the words and movements on them.

Human Knot Team Building Instructions

1. Get the group to form a circle.
2. Tell them the first words: I have a little house like this like this, and show the movements with a hand, making movements with your hands how to make a cube,
3. Tell them the second words: I knocking on the door. Like this like this, and show the movements how to knock on the door.
4. Tell them the next words: The smoke go out of the chimney, like this like this, like this, and with your forefinger make fast movement like a round.
5. All of them reapite the words and mouvements
6. You starting the uttering the words with the most silent voice and the most slow movement
7. After each successive repetition of the words, speak out louder and doing movements faster.

Link or picture :

(<https://www.facebook.com/urmeta.arifovska/videos/10209460425245109/>)

