

GAMES FOR VISSUDDHI PRESENTATION

- MIRROR

first round

A leads in making slow and clear movements

B follows, being very precise

second round

B leads in making slow and clear movements

A follows, being very precise

third round

there is no leader; A and B being equal responsible for leading and following.

Debrief: what did you experience, how was it for you?

THROW THE BALL (plenary)

- Throw an imaginary ball to another participant.

You start yourself with miming a heavy, big, small (whatever you like) ball

- lifting it

- then you say the name of the person and you mime throwing the ball to that person.

- the other person mimes catching it, says the name first and throws.

- you can do 2 rounds. Everyone is free to change the weight and size of the ball.

Debrief: How was this for you?

-FISHBOWL (plenary)

(prep; everyone needs colored post its.)

Start with asking the group to stick their post it on the camera.

then ask 5 volunteers to remove the post it.

Aim is that these five can give away their place.

How does it work:

- one of the hidden participants writes in chat; I want to come in

- immediately one of the open participants sticks post it, so the one who wants to come in can.

- And so on.

There should only be five faces seen.

This is the responsibility of the group.

- you can ask to come in, but if you see that not enough faces are seen, you just remove post it.

Group has to be aware of chat. don't leave someone waiting who wants to come in.

Debrief: What did you experience?