

THE FOX THEATRE FOR FAMILIES AT HOME

ACTIVITIES FOR TUNING INTO TOGETHERNESS



Clap at Once

Everyone in a group stands in a circle. Without anyone counting down or signaling to go, the group attempts to all clap at the same moment—and not a bunch of claps all together (aka applause), but everyone doing a single clap at once. The group can keep trying until they find a way to do create this auditory version of togetherness.

Group Stop

Participants quietly walk around the room in any direction. After a cue from the facilitator, they silently count off roughly 10 seconds while intentionally maintaining a strong awareness of all the others milling about the room. Following the countdown, any participant that chooses to can freeze in a dramatic posture. As soon as someone freezes, everyone else's job is to notice and get into the same dramatic posture as quickly as possible. The more everyone is tuned in to each other, the shorter the time lag between the first person to freeze and the rest of the group freezing. After the group stops, the facilitator has everyone begin walking again, repeating the activity for several rounds. Anyone that kicked off the group freezing should no longer try to be the first person to stop after the countdown, so that other participants have the chance to lead. It's fun when the facilitator stands up on a chair to get a better view of the room and then times the lag between the first person stopping and the whole group stopping. The lag tends to get shorter each round, and having the goal of beating last rounds' time can inspire to group towards greater togetherness!

Who's the leader?

One volunteer goes out of the room, and the group— sitting in a circle— selects a person to be the leader. The volunteer comes back in as everyone else tries to follow the leader (with movements, rhythm-making, facial expressions)—and to follow the leader so well that they don't reveal who the leader is. Meanwhile, the volunteer tunes into the group to try and determine who the leader is. This can continue on for several rounds.

Activities courtesy of The Mindfulness Education Exchange.

For more information about school and youth programming, visit www.mindfuledex.com.

