

NAME of activity	« The puppet »
duration	1h00
audience	From 8 years old 6 - 42
Pedagogical goal	Exercise of relaxation, of work on body and hinges consciousness
Description	<p>in groupe of 6. one person in the middle, lying down, closed eyes. the 5 others around on their knees : one for each leg, one for each arm, one for the head. Each one take care of the part of the lying body and make it move, trying every possibility, but without hurting it, softly.</p> <p>After some minutes and when every possibility has been tried, players put down the membre on the ground. The puppet breathes for a while and tries, by himself to reproduce the movements he felt as he was a puppet.</p> <p>« massages » : Group of 5/6. Someone in the middle, standing up, closed eyes. The other participants give him a massage, of the whole body, kneading him strongly. After 10 minutes the massage ends with a rain of hands : starting on the top of the head and go together until the feet, as a big shower. 3 times.</p> <p>« stimulus » : group of 5, someone in the middle, closed eyes. The other participants touch some parts of the body of the « puppet » with their finger. The puppet has to immediately react to these stimuli. Number of impulses grow up and go faster.</p>
Material	None
Space	Comfortable. Grass, mates, wooden ground
Comments	This game can be difficult for teenagers
Restitution	Training, group confidence, body awareness