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JITA KYOEI

Mutual Welfare and Benefit

GAME CARDS

for inclusion and integration



Questionnaire for game evaluation

Pre-game questions

- Do you think that games are suitable for achieving these goals?
- Did the children understand the instructions?
- Did the children need additional explanations, what kind?

Questions during the game

- How was the game, fun, stress, boredom?
- Did the children quickly grasp the essence of the game?
- Have you repeated it several times?

Questions after the game

- How did the children comment on the game? Their satisfaction from 1 to 5 (1-bad, 5-great).
- Did the children understand the goals and meaning of the game?
- Did you talk about the topic of the game before the game, after the game?
- What questions did the children ask?
- What answers did the children give?

Questions for the future

- What would you change about the game?



Games

Game

Age

Catch the tail

5+

Crazy horse

5+

Crocodile game

5+

Glued friend

5+

Judo freeze tag

5+

Judo paper plates

5+

Mirror game

5+

Number magnets

5+

Pirate boat

5+

Relay race game

5+

Shark game

5+

Sharks and fishes

5+

Sleeping bear

5+

Snake hunt

5+

Sumo circle

5+

The hunter

5+

The virus

5+

Wormy worms

5+

ZOO game

5+

Escape the prison

6+

Four judo words

6+

Get your opponent

6+

Packman

6+

Pancake roll

6+

Roll tag

6+



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Games

Game

Age

Stay in the box	6+
Stop the cars	6+
Sumo fight	6+
Swap the belts	6+
The battle line	6+
The chain	6+
The crabs	6+
The human shield	6+
Untie the knot	6+
Barbecue grill	7+
Electricity	7+
Fishermen game	7+
One question - one interlocutor	7+
Running around	7+
The socks	7+
We are friends	7+
Battle of dragons	8+
Brain touch	8+
Lord of the ring	8+
Robotics	8+
The word	8+
Who am I?	8+
Don't steal my belt	10+
Me and my qualities	10+
Lines of life	12+

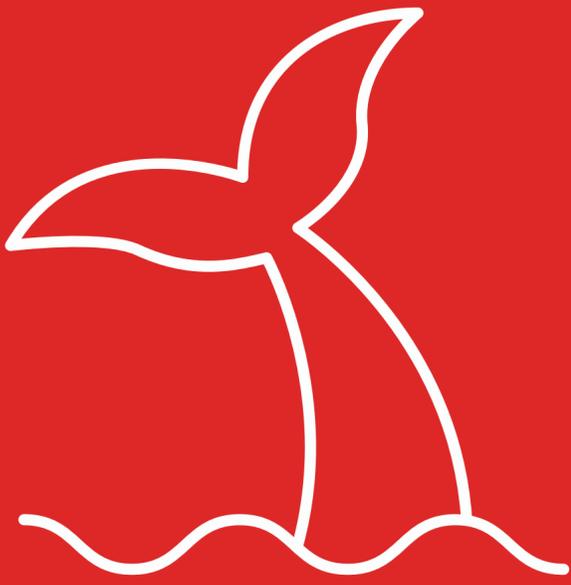


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Catch the tail

Scan and watch the video



Values: modesty, courage, self-control, honour, respect

Goal: fundamentals of the grip fighting and movement, fight, physical contact, skills development

Age: 5+

Accessories: short belts

Description:

The playing area is well defined. On the trainer sign, each student tries to catch the belt of another student. The student who collects the most belts is a winner. They can play the game as a warm-up game; every time, somebody gets the belt they return it to the student they got the belt from and the game continues.

Modification:

Steal the belt game can be played in a pair as well. A pair of students in an area of 2 mats (tatami), each have a smaller belt stuck in the pocket or behind the waist (half of the belt must be seen). The goal is to steal that belt and/or get the partner out of the area when trying to escape from taking off its belt.





Crazy horse

Values: courage, self-control, politeness, honour, respect

Goal: maintaining back control, balance, skills development, coordination, physical contact, fun

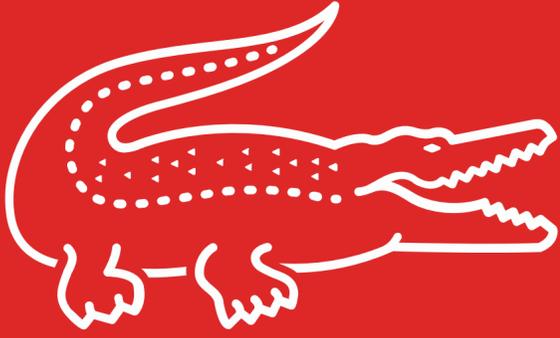
Age: 5+

Accessories: /

Description:

This game is played with an adult paired with a student. The adult gets on all fours and the student gets on their back with feet in and arms locked around the body (seatbelt grip - one over the head and the other under the arm). The adult tries to get the student to fall off by bucking and twisting. The ferocity of the bucking should be tailored to the individual student to ensure they are challenged but not thrown off violently. This teaches them how to maintain back control under tough situations.





Crocodile game

Values: courage, self-control, respect, honour

Goal: cooperation, strategy, adaptation, physical contact, imitation, fun, skills development

Age: 5+

Accessories: /

Description:

The playing area is defined. One student is a crocodile and chases other students (wild animals). The crocodile has to move only on its belly and wild animals are moving on all four (on hands and knees). Wild animals move from one area to the other without being caught by the crocodile. Whoever is caught become a crocodile and help to chase other wild animals. The person who is never caught is the winner and can become a crocodile in a new game.





Glued friend

Scan and watch the video



Values: politeness, friendship, respect

Goal: cooperation, adaptation, physical contact, skills development, fun

Age: 5+

Accessories: Judogi (if possible)

Description:

A pair of students hold the Judogi's sleeve of each other (or holding hands) and have to perform the tasks the trainer says.

For example:

- Run
- Walk backwards
- Jump
- Jump on one foot
- Walking on hands and knees
- Zempo Ukemi
- Ushiro Ukemi
- ...





Judo freeze tag

Values: modesty, self-control, honour, respect, honesty

Goal: physical contact, coordination, cooperation

Age: 5+

Accessories: /

Description:

One student tries to catch the others. When somebody gets tagged, they freeze. To un-freeze, a partner has to make some judo technique (judo fall, throw, etc.)

Modification:

Can also be modified for groundwork by doing a turnover from the turtle (student with knees under its belly) to un-freeze people.





Judo paper plates

Values: modesty, self-control, respect

Goal: strategy, coordination, skills development, judo movement, inclusion

Age: 5+

Accessories: small paper plates

Description:

You need a bunch of small paper plates. Give two to each participant and instruct them to put one under each foot. Start by having them try to walk/run around the room while not losing the paper plates from under their feet. Then have them move sideways, backwards and in a circle. If they do it correctly, they will be able to move fluidly without losing their plates. This teaches them how to maintain contact with the ground while still moving, a skill that is very important in Judo. Next, you can have them play tag while keeping the plates under their feet. Paper plates can usually be used again and again, but after they are worn out, recycle them.





Mirror game

Scan and watch the video



Values: courage, self-control, politeness, respect

Goal: attention, creativity, adaptation, integration, skills development, communication

Age: 5+

Accessories: /

Description:

A pair of students are in the area of 2 mats (tatami), face to face. One student is a reflection in the mirror, the other is making moves. The reflection imitates the movement of a student. At the signal of the trainer, they change roles.





Number magnets

Scan and watch the video



Values: modesty, friendship, self-control, politeness, honour, respect

Goal: cooperation, physical contact, coordination, inclusion, fun

Age: 5+

Accessories: /

Description:

Students run around the playing area. When the trainer calls some number, students form a group, holding hands with as many participants as is the number. For example, if the trainer calls the number 5, students form groups of 5.





Pirate boat

Values: modesty, courage, self-control, honour, respect

Goal: fight, physical contact, confrontation

Age: 5+

Accessories: thick mat

Description:

A group of students goes on a thick mattress (boat) and kneels (they cannot stand up on their feet). One student is the shark and moves around the thick mat on its belly. The pirates aim to carefully push each other out of the boat. If the shark catches the pirate which fell down the boat, it becomes another shark. The student who stays alone on the mattress wins.





Relay race game

Values: modesty, courage, friendship, self-control, honour, respect

Goal: cooperation, teamwork, encouragement, communication, skills development

Age: 5+

Accessories: /

Description:

At least two teams have formed that face each other in several relay races, with different success criteria and operational objectives. Each team is organized in a row, breaking one member of each team at the same time, trying to beat colleagues at speed.





Shark game

Values: courage, self-control, respect, honour

Goal: cooperation, strategy, physical contact, imitation, fun, inclusion, skills development

Age: 5+

Accessories: /

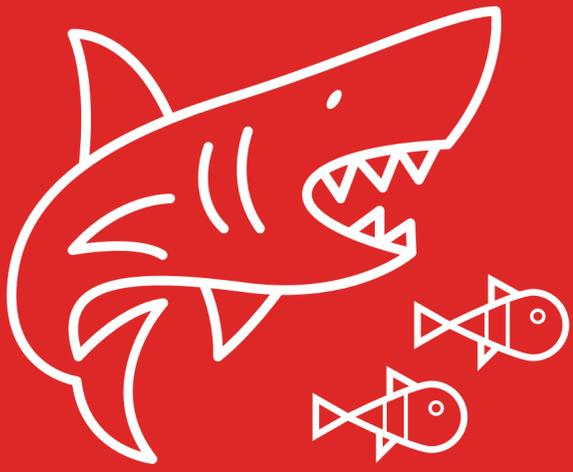
Description:

One of the students is the shark and puts a hand over his head as if it were the dorsal fin. At the signal of the trainer, the shark has to catch the fish (other students) with the side fin (free arm). Whoever is touched becomes a shark and help to chase other fishes. The student who is never caught is the winner and can become a shark in a new game.

Modification:

Elephant game: One of the students is the elephant and puts a hand to the nose and passes the other arm inside as if it were a trunk. At the signal of the trainer, the elephant has to catch other students with the trunk (free arm). Whoever is touched becomes an elephant and help to chase others. The person who is never caught is the winner.





Sharks & fishes

Values: modesty, courage, self-control, respect, honesty

Goal: skills development, communication, strategy

Age: 5+

Accessories: /

Description:

The playing area (mat) is defined. Two students (the sharks) are in the middle and the rest of the students (fishes) are along one side of the mat. Everyone must move only on their hands and knees. Each round begins when the sharks slap the mat three times, at this point all the other participants try to get from one side of the mat to the other (on hands and knees only) without getting turned over on its back. If somebody gets pinned, they join the centre as a shark. The student who has not been caught is a winner.

This game can be played with adults and children, but when mixing students of differing sizes care must be taken to avoid an adult getting turned over onto a smaller child.





Sleeping bear

Values: courage, self-control, politeness, respect

Goal: strategy, adaptation, fun, inclusion

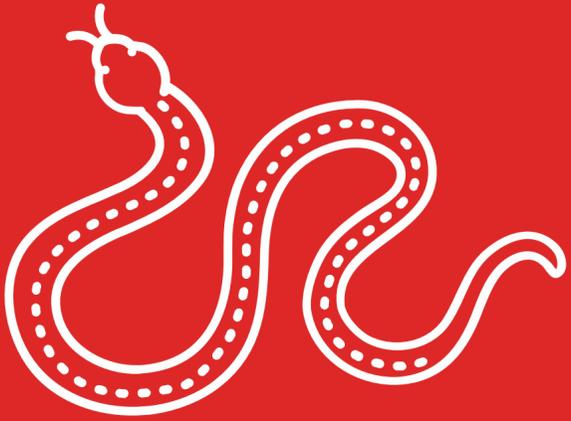
Age: 5+

Accessories: /

Description:

One student takes the role of a sleeping bear, lying on its belly, facing the floor and with face covered, pretending that it is sleeping. The rest of the students slowly and quietly approach the sleeping bear without waking it up. As soon as they reach the bear, they cuddle and shout for the bear to wake up. When the bear wakes up, it gets up and tries to catch the students. Whoever is caught, becomes a sleeping bear.





Snake hunt

Scan and watch the video



Values: courage, self-control, honour, respect

Goal: attention, cooperation, adaptation, physical contact, strategy, fun

Age: 5+

Accessories: short belts/ribbon

Description:

Students play in two teams against each other. In the middle of the playing field, the trainer puts short belts/ribbons (snakes). Each team is on one side of the playing field and they lay on their belly (they are the crocodiles). When the trainer says "GO", students (crocodiles) crawl to the middle to get as many belts/ribbons as possible (they are hunting snakes). Students must always move on the ground in the position of the crocodile (crawling). The fight for the belt is allowed on the ground, one-on-one only (can get up on their knees, while fighting for the belts).

Modifications:

Children can move in different styles (running, jumping, walking on all fours, etc.).





Sumo circle

Values: modesty, courage, self-control, honour, respect

Goal: fundamentals of the grip fighting and movement, fight, physical contact, skills development

Age: 5+

Accessories: belts

Description:

Students play in pairs. They mark the playing area by making a circle with both the belts large enough to step inside. They are on their knees holding grips and trying to push/pull their partner out of the circle without stepping out themselves.





The hunter

Values: modesty, courage, self-control, honour, respect, honesty

Goal: spatial orientation, coordination, cooperation, strategy

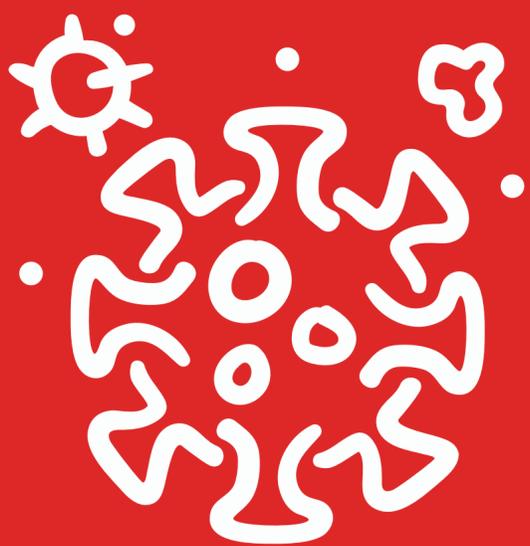
Age: 5+

Accessories: /

Description:

The playing area is well defined. All the students are standing in the playing area, two students (the hunters) are moving only on their knees. The hunters must tag other students. Whoever gets tagged becomes a hunter and helps to chase. Whoever runs for more than 5 seconds outside the playing area, becomes a hunter as well.





The virus

Values: modesty, friendship, politeness, honour, respect, empathy

Goal: cooperation, strategy, physical contact, imitation, fun, inclusion, skills development

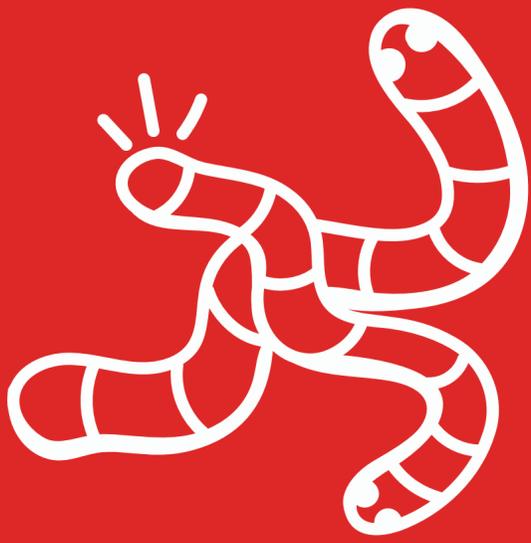
Age: 5+

Accessories: /

Description:

The playing area is defined. In one (or two) corners there is a marked area that represents the hospital. One student is the virus and needs to tag other students. Tagged student lay down, waiting for (at least) two students to come and take him/her to the hospital. After the hospital, he/she can play again. The students who are rescuing the tagged student cannot be tagged by the virus while rescuing.





Wormy worms

Scan and watch the video



Values: modesty, friendship, self-control, politeness, honour, respect

Goal: cooperation, physical contact, coordination, inclusion, fun, communication

Age: 5+

Accessories: /

Description:

The playing area is defined. Students (worms) crawl in the playing area, trying to crawl over as many other worms as possible.

Modification:

When one worm gets to another worm it gives the instruction "UP" or "DOWN". If up, then the worm needs to go on all fours so the first worm can crawl under it, if down, then it stays down so the first worm crawl over it.





ZOO game

Values: courage, friendship, self-control, respect

Goal: creativity, fun, imitation, integration, skills development

Age: 5+

Accessories: /

Description:

The trainer selects an animal and one student explains or shows how it moves. The rest of the students imitate, then another student explains and shows the movement of the next animal selected by the trainer. The game continues until all the students showed the movement of an animal.





Escape the prison

Scan and watch the video



Values: courage, friendship, self-control, respect, honour, honesty

Goal: positioning the body as an obstacle, cooperation, fun, inclusion, strategy, adaptation, physical contact, skills development

Age: 6+

Accessories: /

Description:

The playing area is defined. In the middle of the playing area is a student (prison guard), other students (prisoners) are on one side of the playing area, trying to pass the prison guard and escape the prison. If the prison guard tag prisoners, they become prison guards and help to tag other students. The winner is the last student who passes the prison guards without being tagged.

Modification:

Children can play this game in different positions (standing, on all fours, crawling, etc.).



柔道

Four judo words

Values: modesty, friendship, self-control, politeness, respect

Goal: attention, language development, coordination, fun

Age: 6+

Accessories: /

Description:

There are four corners in the room, the first one is called "Yoko" which means side, the second one is called "Shiho" which means box, the third one is called "Gatame" which means control, the last one is called "state" which means astride.

When the trainer calls some word, students must go to the appropriate corner as quickly as possible (alternate native language and Japanese, make changes, etc.).



Get your opponent

Values: courage, self-control, honour, respect

Goal: fundamentals of action/reaction principle, balance, fight, physical contact, coordination, cooperation, fun

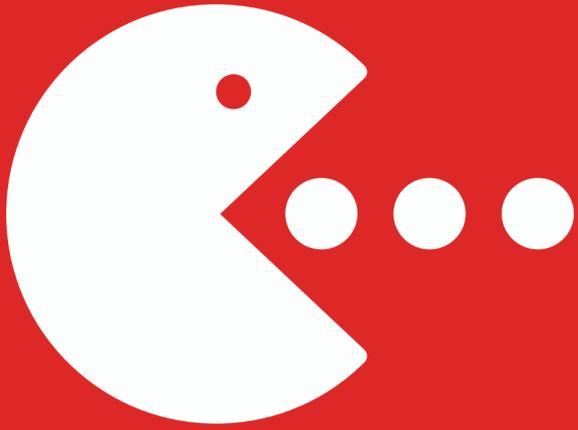
Age: 6+

Accessories: /

Description:

The playing area is defined. Students are grouped into two teams, one of them kneels, the other one is standing. The game begins in the middle of the playing area. The standing team has to bring their kneeling partners to their end of the playing area as quickly as possible (the kneeling team cannot stand up or even go forward). If during the one-on-one situation, the students who are kneeling brings down the standing partners, then they can bring them to their end of the playing area.





Packman

Scan and watch the video



Values: modesty, courage, friendship, self-control, respect

Goal: physical contact, coordination, balance, inclusion, fun

Age: 6+

Accessories: /

Description:

The playing area is defined. Students run only on the lines of the gym (or lines on the mats). When they meet another student, they introduce themselves, shake hands, give them high five or hugs (depending on the instructions of the trainer). Then they turn around, following the lines to meet as many students as possible.





Pancake roll

Scan and watch the video



Values: modesty, friendship, politeness, honour, respect

Goal: cooperation, physical contact, coordination, inclusion, fun

Age: 6+

Accessories: /

Description:

The trainer needs to give students the instructions to be aware of the safety of each other (so they will not kick or hit each other). Students roll as pancakes. If they meet another student, they can roll over them.

Modification:

Students play the game in pairs. They lay on the ground, facing each other and holding hands. On the sign of a trainer, they roll as a pancake. They can form the bigger (mega) pancake as well, trying to roll from one side to another side of the playing area without losing their grip.





Roll tag

Values: courage, self-control, respect

Goal: physical contact, cooperation

Age: 6+

Accessories: /

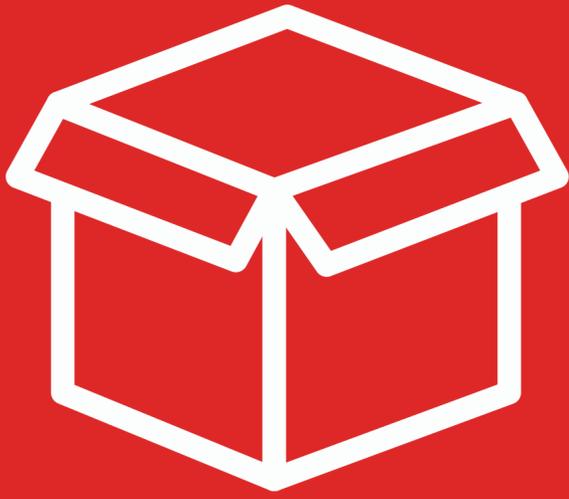
Description:

One or two students lay down and the rest of the students form a circle standing around them. The laying students have to roll around like a pancake to tag someone and cannot get up on their hands/knees or stand. If they tag someone then they can stand up and the tagged student becomes the pancake.

Modification:

Tagged students are always the pancake and the group of taggers keeps growing until everyone is turned into a pancake.





Stay in the box

Values: modesty, courage, self-control, honour, respect

Goal: fundamentals of the grip fighting and movement, fight, physical contact, coordination, skills development, strategy

Age: 6+

Accessories: mats

Description:

Similar to the sumo game, students play in pairs, facing each other while standing on a separate mat. They get their grips and try to pull or push their opponent out of their single mat space while staying in their mat. This only works if you have mats that are a similar size to tatami (1m X 1m).

Modification:

Smelly doggy bombs: Trainer can put different objects (smelly doggy bombs) on the ground (ground marks, hula hoops, belts, etc.) everywhere in the playing area. Students hold their grips, trying to get the opponent to step on the smelly doggy bombs (ground marks, belts...). They count how many times they step on the objects. The winner is the one who has the lower result. While playing the game, the students must be aware of the other pairs playing the game, so they don't hit each other.





Stop the cars

Values: courage, self-control, honour, respect

Goal: fundamentals movement, fight, physical contact, coordination, skills development, fun

Age: 6+

Accessories: /

Description:

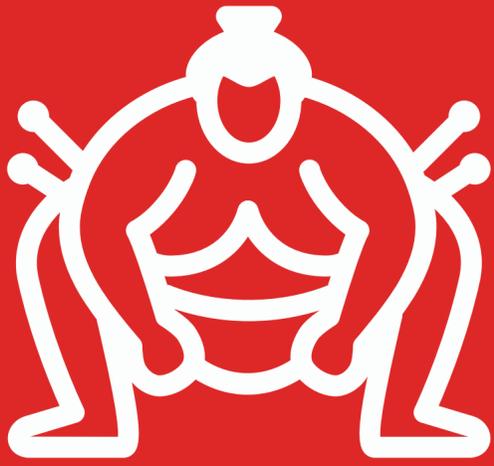
The playing area is defined. Students are grouped into two teams: the red cars and the white cars. They are sitting shoulder to shoulder and are in the middle of the playing area. When the trainer calls out a colour, the team concerned must reach its side of the playing area, the other team must stop them from doing that. The called team (it is the one that has the colour trainer called out before) is moving on their knees, while the others can stand up. The opponent team can try to overturn the cars that are in the all-fours position.

Modification:

The trainer can help with different questions and hints to make students think about different movements:

- How do we stop this car? We should remove the wheels, of course!
- How can we take control of the opponent's legs?
- Etc.





Sumo fight

Scan and watch the video



Values: modesty, courage, self-control, honour, respect

Goal: fundamentals of the grip fighting and movement, fight, physical contact, skills development

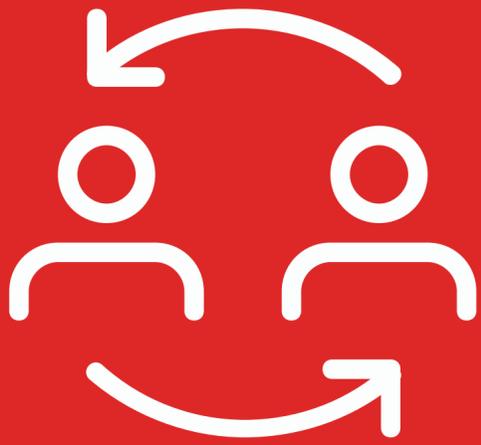
Age: 6+

Accessories: mats

Description:

A pair of students are in an area of 2 mats (tatami). They are on their knees, clinging to each other with one arm under the partner's armpit and the other on the back passing close to the neck. The trainer calls "Hajime" (start) and the students try to push the partner out of the area or get the opponent on the ground.





Swap the belts

Values: modesty, courage, self-control, honour, respect

Goal: coordination, strategy, fight, skills development, physical contact, maintaining stable position, balance, fun

Age: 6+

Accessories: short belts or socks

Description:

Students are playing the game in pairs, holding their grips. One student (tori) stands on the belt and is moving the belt with the foot. The opponent (uke) tries to imbalance the student and make it lose its belt. Tori must try to take control of the piece of the belt with the foot by making the best use of space and uke's reactions.





The battle line

Values: courage, self-control, respect, honour

Goal: strategy, adaptation, physical contact, skills development, fun

Age: 6+

Accessories: /

Description:

The playing area is defined. Students play in pairs and they are in the middle of the mat. The starting position is on their hands and knees facing each other with left shoulders touching. One student (tori) goal is to make it to the other side of the mat, while the opponent (uke) tries to stop the tori before 30 seconds runs out by pinning or immobilizing them. Roles switch and the clock resets. Repeat until exhaustion sets in.





The chain

Values: modesty, courage, friendship, self-control, respect

Goal: cooperation, cohesion, teamwork, communication, coordination, inclusion and integration

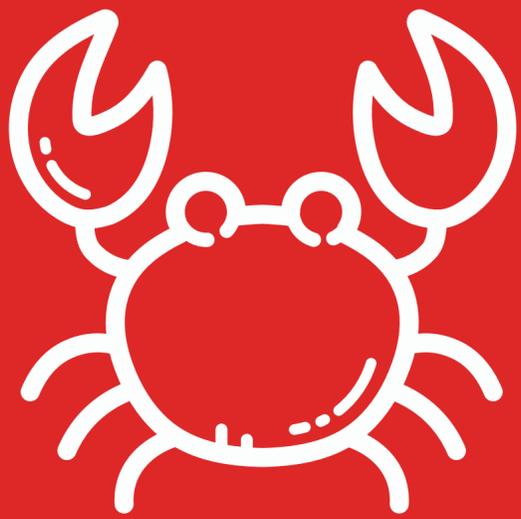
Age: 6+

Accessories: /

Description:

One student starts the game trying to catch the remaining teammates. When someone is tagged, they both grab each other's sleeves (or hold hands), forming the chain. The game continues with a chain formed by two students, trying to expand. The remaining student wins.





The crabs

Values: modesty, courage, friendship, self-control, politeness, respect

Goal: strategy, physical contact, fight, maintaining stable position, balance, skills development

Age: 6+

Accessories: /

Description:

The playing area is defined. Everyone walks around like a crab (on all four, belly towards the ceiling). Crabs try to get other students to fall on the mat by pulling their hands or feet.





The human shield

Values: courage, friendship, self-control, respect

Goal: fight, physical contact, skills development, protection

Age: 6+

Accessories: /

Description:

In this game, students are in a group of 3. They play in a well-defined area. One student from the group tries to grab the partner's back. Another student is in between as a human shield (protect one partner from another one). They cannot run away just move sideways.





Untie the knot

Scan and watch the video



Values: modesty, friendship, politeness, honour, respect

Goal: cooperation, physical contact, coordination, inclusion, fun

Age: 6+

Accessories: hoops, jump ropes

Description:

Students can form a group of 5 or more. They stand in a circle holding hands and facing inside. They must turn around (facing out) without letting go of their hands.

Modifications:

The game can be played in different positions (sitting, laying on a floor, etc.). Students can use a hoop or tied jumping rope, which travels around the circle of the students.





Barbecue grill

Scan and watch the video



Values: modesty, friendship, self-control, politeness, respect

Goal: physical contact, coordination, timing, fun

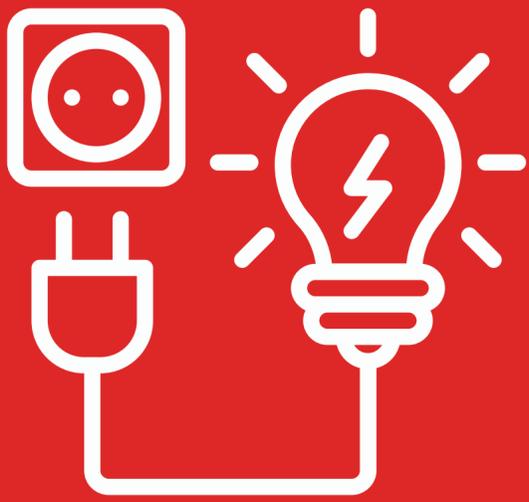
Age: 7+

Accessories: /

Description:

Students form a group of 4-6. Students lay down tight to each other (barbecue grill), one student (sausage) lay down on them. When they are ready, laying students start to roll to another side of the playing area, grilling the sausage. When the sausage falls down the barbecue grill, he/she lay down tight to his/her teammates and another student becomes the sausage. The game repeats until all of the students are the sausage or until they reach the end of the playing area.





Electricity

Scan and watch the video



Values: solidarity, friendship, respect

Goal: introduction, touch, solidarity

Age: 7+

Accessories: /

Description:

Let's make a circle by holding hands. The leader gently pulls the neighbour's hand, that of his neighbour, and so on until the leader calls the stop. The person with whom the bidding has stopped says their name and something about themselves. He then pulls his neighbour with the other hand, the neighbour next door, and so on, until the leader calls the stop again. We finish when everyone has introduced themselves.

Modification:

Instead of holding hands, students can pass the ball. This modification is appropriate also for younger children (aged 3 and above).





Fisherman

Scan and watch the video



Values: courage, friendship, self-control, respect

Goal: cooperation, strategy, coordination, physical contact

Age: 7+

Accessories: /

Description:

The playing area is defined. Two students start the game, holding hands and forming a "fishing net". They chase other students. Students who are tagged become a part of a fishing net and help to chase together. The students who form the fishing net must hold hands all the time.





One question - one interlocutor

Values: modesty, respect, courage, friendship, politeness

Goal: introduction to the topic, the first conversation

Age: 7+ (depends on the topic)

Accessories: chairs

Description:

Arrange the chairs in two rows so that they face each other. The chairs should be one meter apart so that the students in the pair are looking at each other and can talk in peace.

The trainer asks questions related to the topic, such as, "What do you do if you walk past a couple fighting in the street?" Pairs have three minutes to respond. The students in one row stand up and move one chair to their left. The trainer then asks the next question, the couples answer and the students from the other row stand up and move one chair to their left. Thus, each question is answered by different couples.

After answering all the questions, we give some time to continue the conversations.

Evaluation:

- Was it hard to answer?
- Which question did you find the most difficult?





Running around

Values: modesty, self-control, respect

Goal: relaxation, exercise, imagination

Age: 7+

Accessories: /

Description:

We run around the room and the trainer gives instructions on what basis and circumstances accompany our run. We run on sharp rocks, on fingertips, on smooth ice, on snowstorms, to avoid large puddles, on the warm sand, on the edge of a balcony, on shallow water, on hot asphalt etc.





The socks

Values: modesty, courage, self-control, honour, respect

Goal: physical contact, fight, self-confidence development

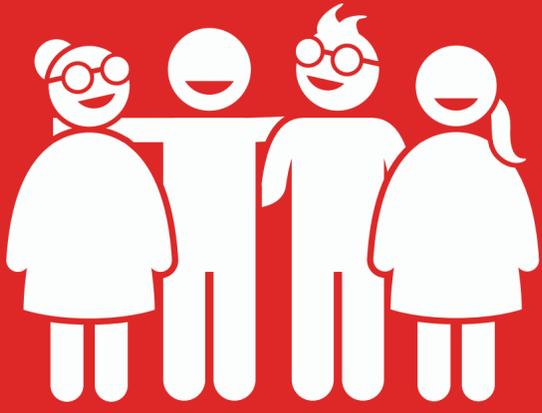
Age: 7+

Accessories: socks

Description:

The playing area is defined. Students play the game only on their knees and hands (they cannot stand up). Each student puts one sock on their foot. The goal is to get the sock off the opponent's foot while not losing their sock. If the students lose their socks, they can make one exercise (for example 10 squats) to gain new socks.





We are friends

Values: modesty, courage, friendship, politeness, respect

Goal: relaxation, introduction to group work, inclusion in a foreign language

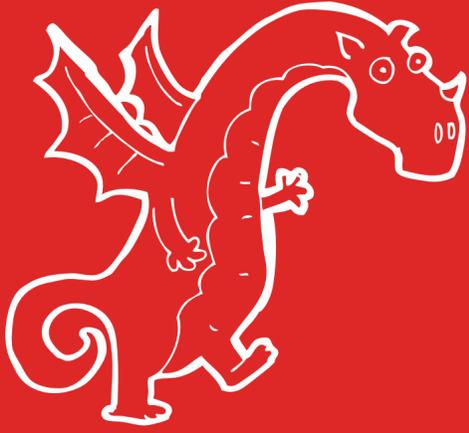
Age: 7+

Accessories: music, several of the same cards with the word friend in several languages: Prijatelj, Um amigo, Un Amico, Friend

Description:

Everyone gets one card. Along with the music, the students have to run around the room and exchange cards all the time. When the music everyone with the word in the same language makes a group and introduce each other. Then the music plays again and the game repeats from the beginning.





Battle of dragons

Values: courage, self-control, respect

Goal: cooperation, teamwork, opposition, respect and acceptance, communication

Age: 8+

Accessories: belts for each student

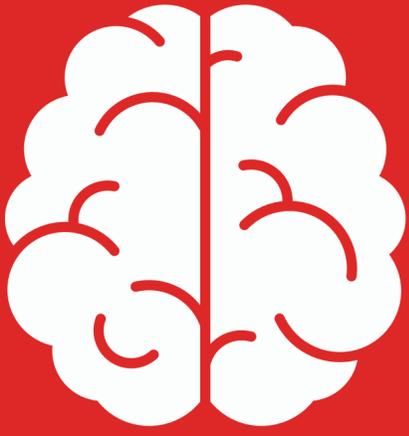
Description:

Each dragon is formed by a team of students (4-5) who organize themselves in line, one after the other and grab the belt/hips of the front partner. Each dragon has a head (first student in a line) and a tail (last student in a line). This game requires at least two dragons, with each head of a dragon having to catch the tail of another, without the line breaking and being tagged.

Modification:

Instead, two of the dragons chasing each other's tails, we can have one student (the dragon hunter), which try to catch the tail of the dragon (the last student in the line). When the hunter tags the tail, he/she becomes the tail and the head becomes the hunter.





Brain touch

Values: courage, self-control, respect

Goal: guard passing, strategy, fight, coordination, skills development

Age: 8+

Accessories: / (belts if possible)

Description:

Students play the game in pairs. One student (uke) lay on their back, the other (tori) stands at uke's feet. Tori wins if he/she can touch the uke's head. The student on the ground (uke) defends by moving left and right, using feet and hands to impede tori (no kicking/hitting is allowed). To make it more difficult have the uke put one or both hands tucked into their belt. Once tagged, they change the roles.





Lord of the ring

Values: courage, self-control, respect

Goal: improving foot sweep, balance, coordination, skills development

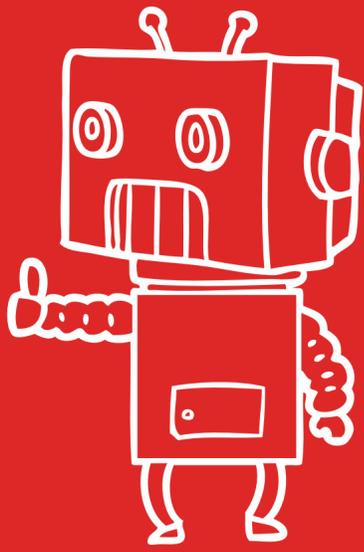
Age: 8+

Accessories: /

Description:

Students hold hands in a circle (the ring). Each student tries to sweep the feet of the student next to them. If a student fall, they sit out, and the rest continue until there is only one left (the lord). This is a great drill that improves foot sweep ability and balance at the same time.





Robotics

Scan and watch the video



Values: modesty, courage, friendship, self-control, politeness, honour, respect

Goal: cooperation, teamwork, physical contact, creativity, fun

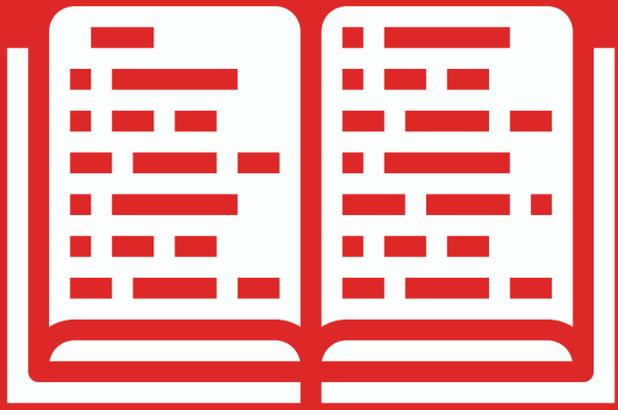
Age: 8+

Accessories: /

Description:

In the beginning, the trainer establishes several groups of students (3-5 students per group). Groups will have to go from one area to another following the trainer's instructions. For example, the trainer calls the instruction, that the group needs to go to another area with 4 hands and 6 legs on the ground – students discuss the possible movement and cooperate in performing the task.





The word

Values: politeness, respect

Goal: communication, imagination, fun

Age: 8+

Accessories: /

Description:

Students play in pairs. A team of two make up one word. Then they try to tell each other as much as possible just by emphasizing that word. Only this word and no other is allowed. After 5-10 minutes, talking is allowed again and the students can talk about what each one talked about with emphasizing that word.

Evaluation:

- How did we get along?
- Were there any misunderstandings?
- Did we use body language?
- What messages did we convey?





Who am I?

Values: self-control, politeness, respect, honesty, empathy

Goal: learning more about each other, empathizing with each other, communication, imagination, fun

Age: 8+

Accessories: stickers, pen

Description:

Students write their names on a sticker and give them to the trainer. The trainer distributes the stickers by sticking them on the backs of the students. If the group is ethnically mixed, everyone should get a different nationality. They make a circle, one student stands in the middle, shows to others the name on the back and asks them different questions that students can answer together and only with "NO" and "YES". The student from the middle has to guess who is he/she from the answers. For example: "Do I like to dress in colourful dresses?" Questions should be as personal as possible. Whoever is a guessed person, goes to the middle and start the game.





Don't steal my belt

Values: courage, self-control, honour, respect

Goal: establishing control, striving to a better position, physical contact, fighting

Age: 10+

Accessories: belts for each student

Description:

Similar to the "Catch the tail" game but with the ability to work both standing and groundwork. Everyone tie their belt without putting a knot in it, if someone gets your belt off you are out. While the "Catch the tail" game is more suitable for younger students who are just developing fine motor skills, "Don't steal my belt" is ideal for students aged 10 or older that should be working on establishing control while also working towards more advantageous positions.





Me and my qualities

Values: honesty, respect, friendship

Goal: introduction, observation, comparison

Age: 10+

Accessories: papers and pens

Description:

Everyone writes their name and one of their positive qualities on their piece of paper. The leader picks up the sheets and distributes them so that no one gets their sheet. Everyone has to find the person whose sheet they have without words. Then they place themselves in a circle so that the neighbour has a sheet of his neighbour. The leader introduces the person from the sheet and its positive qualities. Everyone briefly introduces themselves.





Lines of life

Values: courage, respect, politeness, friendship

Goal: nonverbal communication, research

Age: 12+

Accessories: a large sheet of paper and pencils for each pair

Description:

The players are divided into pairs, if possible, each from a different country or province. Each pair gets one large sheet of paper and pencils. Each couple should draw a vertical line on the middle of the page, starting at the top of the sheet with the point of birth, and write their place of birth next to it. They then follow the stations down the line for three or five years, depending on the age of the players. At each line of their partner's life, they write or draw what was most important to them in life at the time. Speaking is forbidden, they communicate with mimics and drawing on paper. Each player can draw on half of the sheet. They then present the pairs to each other based on the drawings.

Modification: if the players come from different countries and do not understand each other, we can let them each use their mother language or their dialect.

Evaluation questions:

- How hard did you try to understand your partner?
- Were you able to tell each other everything you wanted?
- How did you feel when you couldn't speak to each other?

