

european forum of
psychomotricity



Support courage - a game for brave youngsters

Instruction:

- One of the players chooses the role of the fakir (= someone who lies on daggers)
- Together with the others, he prepares a bed of inflated balloons.
- The fakir lays down on the bed. The balloons must not explode.
- Group focus is on collaboration and communication.

Material:

colorful air balloons

Modification:

try to use the maximum number of balloons
try to use the minimum number of balloons

Reflection:

- how much was needed for a fixed balloon bed?
- What was special about the creation? Did something bother you...sound, touch, space, creation?
- Did you notice who was doing the most talking and organizing the group? Who carried the material and worked with it?
- What role do you play yourself? What else would you like to try and what role did you enjoy?

Keywords:

emotion, social skills like communication and cooperation