

Activity Typology: Back to Bed

Material: None

Description of the activity:

All people form a circle, maintaining the minimum safety distance, except one person who is positioned outside the group. The participants of the circle decide who will conduct the orchestra (rest of the group). The participant who was estranged returns and stands in the middle of the circle. The conductor pretends to play different instruments and everyone in the group imitates him.

The person in the center of the circle has to guess who is the person who is conducting the orchestra. Once you guess it, the game repeats by changing roles.

Variants:

Instruments do not always need to be represented. The person leading the group may represent other situations: stretching, warm-up exercises, daily situations that take place at home, among other examples.

Questions for reflection:

- Did you like the game? Did you have fun?
- How did you feel when you led the orchestra?
- How did you feel when you watched the group to guess who was running it?
- How have you felt being watched closely? Have you felt comfortable?
- What skills have been enhanced with this activity?
- In what other situations do you have to watch carefully?