

## Our Favourite Tried and Tested Community Builders

We have grouped our favourite community building activities according to their main purpose (of course there are many cross overs)

### Getting to know you

#### Toilet Roll Roll call



Participants are asked to take as many sheets as they feel they will need for the duration of the session. Each piece is then revealed to represent one thing they must share about themselves.

#### It's True of me that...



Participants can call out statements that are relevant to them; for example 'It's true of me that I have a sister' or 'It's true of me that I recycle'. Other participants who also share this special thing could stand up, change places or even run under a parachute. Other variations to explore connections in the room, include passing an unravelling ball of wool from person to person. The ball can also be wound back up to see if the students can recall in reverse what was special about their community. The activity encourages participants to celebrate what is special about the group.

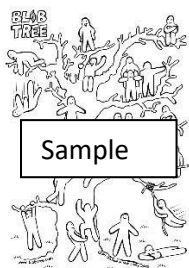
### Feelings

#### Emotive Emotions



A number of images are provided as a stimulus and participants are asked to choose one, or invent one (or more than one) of their own to describe how they are feeling. Reasons for their choices are encouraged.

#### The Blob Tree



Numerous variations on the blob tree are available, highlighted here is the original 'Blob Tree'. Participants are encouraged to find a blob that represents how they are feeling. Further blob examples can be found at [www.blobtree.com](http://www.blobtree.com) or [www.facebook.com/blobtreecom](http://www.facebook.com/blobtreecom)

## Working together

### Stand up, sit down

There are lots of variations on this activity. To begin with 'number stand up' works well. The students take it in turns in a circle to count up from 1 to the number of participants in the group, at the same time they stand up. This is completed in a random order, so if in a circle, not going around the circle! If someone says a number at the same time or stands up at the same time as anyone else in the group the activity is re-started. This can then be tried in silence without the numbering. Other variations include 'pair stand up' where they must stand up at the same time as their partner and no other pair. Pairings can be established in silence. To return to their seats this can also be carried out in reverse. A beanbag can also be introduced and thrown between participants. This activity is great for practising turn taking and discussion of strategies to succeed can be developed with the group, for example; slow down, you don't always have to go first and listen carefully.

### Cane Activity

This activity uses long garden canes. Participants are encouraged to line up along both sides of the cane. Each person must then have their two index fingers under the cane (touching at all times). The group must then work together to lower the cane to the floor. This activity is also often referred to as magic/flying canes, as initially the canes have a tendency to go upwards!

### Hand Tangle



This works best with a maximum group size of 15. Participants are asked to form a circle, touching shoulder to shoulder. They are then encouraged to take two different hands, but not the hands of the person next to them. The group must then untangle themselves without letting go of their hands (and being aware of others) to return as closely as possible as they can to the circle.

## Re-energisers

### Fruit Bowl



Again lots of variations on the delivery of this traditional circle game. Participants are labelled as a fruit around the circle; for example apple, orange and banana. A fruit is called and the participants who are that fruit must change places. Through removing one seat you create a new caller each time. If fruit salad is called the whole group must change places. Also a great way to muddle up a group. Relevant labels can be used according to the work you are doing and again a parachute could be used.

### Action Song

Songs or poems which contain a repetitive word can be used to introduce actions. For example a song such as 'My bonnie lies over the ocean' can be used and every time the students hear the word 'bonnie' they can alter their position, being as inventive as they wish. Again texts can be chosen relevant to classroom topics.