

## **ACTIVITY**

**Title:** Human Tennis

**Theme:** teamwork, creativity, participation

**Group size:** 10-20

**Age range:** 14+

**Complexity:** medium

**Materials:** ball, paper

**Time:** 30 min

### **Overview:**

1. To stimulate the encourage involvement
2. To stimulate the improvisation and work team

### **Objective:**

- stimulate the creativity
- encourage involvement
- team work

### **Instructions:**

In a circle, everybody will imitate some situation, like a person, a profession, a sports, and will choose only one person to guess. If the person said correctly, she/he has to imitate another thing, and everybody have to do this without repetition.

In the second moment, the group will do two lines, and they have to pass the ball to the other side without repetition and as fast as possible. They have to do the same with two balls.

In the third moment, they have to do pairs and they have to change the movements and the pairs while everybody participate.

### **Debriefing:**

- How the group feel in the activity?
- How the group feel about the freedom to create?

- What do you think about the game?
- How did you feel during the game?
- What activity you like more?