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Building Community - Team Builders

Focus and Concentration 1

Zoom

In a circle students orally pass the word *zoom* around from one person to another. The exercise moves rapidly to build and sustain community involvement. Extensions include switching directions, multiple zooms at one time, students leading zoom, use of different polygons to form the 'circle' (e.g. square), & other words to build vocabulary. Initially introduce with students sitting in a circle with their legs crossed, sitting up straight, and their hands in their laps. The students are modeled and asked to have their knees touching their neighbors knees to form a tight circle.

Zoom - EEK

In a circle students orally pass the word *zoom* around from one person to another. Introduce the word EEK to everyone—means stop and go the other direction. When the leader says EEK whoever has the zoom changes direction.

Movin' in Rhythm

Everyone forms a circle. It is helpful to hold hands when first learning Movin' in Rhythm. When in the circle everyone starts moving clockwise (or counter clockwise) together. The goal is to be moving like a smooth wheel going in a circle. The leader can be *at the controls* to control the speed of the wheel or turn it on and off.

Movin' Zoomin'

Everyone forms a circle. Movin' Zoomin' combines Zoom and Movin' in Rhythm together. First have the group Movin' in Rhythm, then start Zoom. When these two elements are successfully combined, add EEK.

In-Motion

Combines elements of mirroring and zoom that includes movement, sounds and moving in a circle. One person (initially the teacher) does a motion (movement and sound), then everyone repeats the modeled motion. Then another person in the circle does a motion followed by everyone repeating the modeled motion. The order could be determined from a caller who selects the next person or in order around the circle. In the beginning a suggested rule is to keep your feet on the ground and stay where you are standing.



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