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## Building Community - Team Builders

### Whole Group Focus

#### Machine

The objective of the game is to create an abstract machine using people as parts. One person begins by making a simple motion and sound. The leader selects another person to join the machine - this person adds another motion that works in rhythm with the first person. The leader continues to select people who continue making simple motions and sounds that work in rhythm with the machine. The leader (or a person in the group) is *at the controls* that can turn the machine off and on, or speed the machine up and slow it down. The leader can be specific on what the machine does or makes.

#### Fruit Basket

The class sits in a circle on chairs. One person stands in the middle. The participants are equally divided between three fruits (e.g. apple, orange, and pineapples). When one fruit is called by the middle person (e.g. apples), all the apples change chairs including the middle person. The person 'out' becomes the next caller. If a *caller* says fruit basket all participants have to change.

#### Frozen-in-Motion

The leader and participants sit on their chairs. Initially have the participants feel the floor, feel the chair, and feel the space they are in. This can be done with eyes open or closed. The participants are then directed to feel and replicate an emotion (e.g. boredom, surprise, mad, etc.). The leader (teacher or student) then says *freeze*. Everyone then freezes as a statue. The leader now says 'we are now in the museum of \_\_\_\_.' Everyone is then asked to focus on one person who remains a statue. Have the viewers focus on a particular part of the *statue person*. Elicit vocabulary to describe different body emotions of the statue person. The vocabulary could be recorded to use on a word wall. This is an excellent exercise leading to a tableau for recreating a part(s) of a story to stimulate and generate discussion.

#### Group Rhythm

Form a circle and stand in a relaxed position. Everyone holds their arms out to the side in such a way that each person's index finger is touching the next person's index finger. In this way the whole group is connected fingertip to fingertip. The object of the exercise is for everyone to clap at the same time.

#### A Fork...A Spoon

Stand in a circle. A leader, who has a fork in their right hand and a spoon in their left hand, turns to the person immediately on their right side ('A') and says, 'This is a fork.' 'A' in turn replies, 'A what?' The leader replies, 'A Fork' and passes it to them. 'A' then turns to the person on their right ('B') and says, 'This is a fork.' 'B' in turn replies, 'A what?' and 'A' repeats, 'A what?' to the leader who replies, 'A fork.' This message ('a fork') is then passed (with the fork) from 'A' to 'B' who then turns to the person on the right ('C') and says, 'This is a fork.' The process continues as described above from one member of the group to the next with 'A what?' and 'A fork' being passed backwards and forwards each time to and from the leader. Once this process is established the leader begins the same process with the spoon on their left side. The only difference is that the word 'spoon' is used instead of 'fork.'