

6 Three Tasks 1

✓ Children ✓ Teenagers

Aims To encourage completion of tasks and improve memory.

Materials Large whiteboard & coloured markers, drums, blank paper & folders, workbooks, crayons & coloured pens, mats, fleeces.

Warm-Up Invite everyone into the circle and allow time for feedback and questions. Give positive feedback yourself, both to the group and individuals. Explain the aims of the session, which are to develop everyone's memory and use games to finish tasks.

Physical warm-up A repetition and refinement of the previous warm-up. Everyone stands in a circle and stretches their hands and arms up, to the side and in front of them. Ask them to imagine that their circle is on a boat and when the boat sways to one side, everyone sways together. Start the exercises slowly and eventually build up to a storm, ensuring that everyone's movements are synchronised (may take several tries!).

Activities Give everyone the following tasks and also write them on the board:

- 1 Jump on the spot twice, clap hands three times, touch four people on the shoulder – all in two minutes (time it and call out 'stop' at the end).
- 2 Everyone now repeats the three tasks, but works backwards, touching four people on the shoulder, clapping hands three times, jumping on the spot twice – this time in one and a half minutes.
- 3 Repeat the exercise from the beginning, but now everyone pretends that they are giant aliens and can only do it very slowly.
- 4 Repeat the exercise, but now everyone has changed to mice – or microbes, or minute aliens – and can do everything very quickly.

Sharing In pairs, play with the exercise with one person pretending to be a very small creature and the other one very large.

Closure Draw a giant alien in the workbooks; relax with fleeces.

Distracting Worries

Colour the picture in strong colours.



Draw or write the following:

Worries that distract me are:

Actions to help me focus are:

Distracting Worries

WORKSHEET

9b

ACTIVITY 35

Colour the picture in strong colours.



Draw or write the following:

Worries that distract me are:

Actions to help me focus are: