

## Morning Gym

Stepping Stones : Teambuilding & Empowerment; Body, Movement and Senses

Materials : no materials

Type of exercise : oral

Duration exercise : 15 min.

### Objectives

- The learner can understand the names of the body parts.
- The learner can understand verbs describing movements.

### Instructions

- Let the learners form a circle. You stand in the middle.
- Move a body part and describe the move, e.g. *I raise my arm; I bend my knees.*
- Let the learners repeat the move and the sentence.

### Read more in our manual at [www.alternativeways.eu](http://www.alternativeways.eu)

*Language skills / Linguistic performance*

- Speaking

*Linguistic competence/knowledge*

- Vocabulary

*Social-emotional skills and competences*

- Communication skills
- Fun