

Rain, storm and thunder

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

Materials : no materials

Type of exercise : oral

Duration exercise : 15 min.

Objectives

The learner can connect and contribute to the energy of the group by sound and motion stimulation.

Preparation

Name the elements: *wind, rain, thunder, lightning, storm.*

Instructions

- Sit in a circle and tell the learners you are going to make it storm together.
- Rub your hands gently and say *Wind*.
- Ask the learner on your right to join in.
- Ask the learner on his/her right to join in, till gradually everyone is rubbing their hands. The rubbing sounds like the wind.
- Start rubbing more quickly and stimulate the learners to keep pace with you.
- Start snapping the fingers of your right hand, say *Rain* and ask the learner on your right to join in, then the next learner and so on.
- You now hear rain and wind, as the group gradually goes from rubbing to snapping.
- Snap the fingers of both hands, say *Storm* and do it faster: the rain increases in sound and speed; the learners follow one by one.
- While snapping your fingers, stamp your feet to make the sound of the thunder and shout *Thunder*.
- Jump from your chair and shout *Lightning*. One by one the learners follow, like a Mexican wave, making the sound of a thunderclap from a nearby lightning strike.
- Make the storm decrease slowly and end with soft clapping (last rain drops) and soft rubbing (weak wind) and then silence....

Closing up

When the teacher stops, it is not over yet; it is only silent when the last one in the circle, the person to your left, has also stopped.

Tips for the instructor

Record this exercise. It is fun to listen to the storm you have generated together.

Read more in our manual at www.alternativeways.eu

Language skills / Linguistic performance

- Listening

Linguistic competence/knowledge

- Vocabulary

Social-emotional skills and competences

- Fun
- Imagination, creativity and learning to learn