

## Seven

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

Materials : no materials

Type of exercise : oral

Duration exercise : 15 min.

### Objectives

- The learner can count to seven.
- The learner can understand simple instructions.

### Preparation

- Prepare yourself by watching the tutorial (link see below)
- Practice yourself.

### Instructions

- Sit in a circle.
- You can teach the Seven by doing it yourself or by showing the tutorial.
- Do the first Seven: count out loud till seven and ask the learners to copy and count.
- Do the second Seven, let the learners copy and count, and so on.

### Variant

In the tutorial the Seven ends as it begins: four Sevens, which are each repeated, then back to the 3rd, the 2nd and the 1st. You can vary endlessly.

### Link

Seven tutorial: <https://www.youtube.com/watch?v=3knQAUN1kcY&t=36s>

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

*Language skills / Linguistic performance*

- Listening
- Speaking

*Linguistic competence/knowledge*

- Rhyme / poetry

*Social-emotional skills and competences*

- Communication skills
- Empowerment
- Fun
- Imagination, creativity and learning to learn