

9 CHALLENGES

From the Slovenian Team (Ludvik Pliberšek Primary School Maribor)

You should choose five that you like most or are able to implement at your school. Please, feel free to adjust any activity details you feel uncomfortable with or cannot execute.

1. A DANCE CHALLENGE (team building activity)

MUSIC, P. E.

Everyone feels a bit down and exhausted of all the restrictions and changes of the past months. We need to lift our spirit a bit and put ourselves in a good mood. We should break the daily routines and remind ourselves that we are still a part of a larger community, even if worked/have been working from home for a long time. Let's perform in a mutual dance to celebrate hope for the better future and build team spirit. Let's create a mutual dance video, combining all four schools performing the Jerusalema dance.



STEP 1: All the students learn the basic dance steps. You can choose from the proposed choreographies or choose your own. It can be done in a lockdown in P.E. Class).

STEP 2: When the lockdown is over, the students do the dance at school (in the playground, school hall, classroom, stairway, gym ...

VERSION A: The song can be included into the school video.

VERSION B: All the students can do the dance together on the school playground.

VERSION C: The separate classes can do the dance in the playground or classrooms and are later put together in a video.

https://www.youtube.com/watch?v=fCZVL_8D048 (song)

<https://www.youtube.com/watch?v=o8ZHxpI1R64> choreography

<https://www.youtube.com/watch?v=K4oz5J-oGrY> choreography (with a Greek touch)

<https://www.youtube.com/watch?v=keXylyEB7q8> example of a video

<https://www.youtube.com/watch?v=unVoLZClhqw> example of a video

2. A TIME CAPSULE CHALLENGE (mindfulness activity)

ANY CLASS

The idea is taken from John Spencer.

<https://www.youtube.com/watch?v=1kgUs4UHVk8> Video writing prompts

A time capsule is a container filled with items that you can bury in the ground. Later, archaeologists, anthropologists and historians can dig it up and get a snapshot of life at a particular time. We are living in a historic moment that you want to share with a future generation 100 years from now. For this reason, you will create your own time capsule. You need



to select one item that represents what kids your age are doing for fun when stuck at home. You need to select one item that says something about popular culture. It could relate to movies, video games, music, books, or television. But it has to be something that is popular right now. You need to select one item that people seem to cherish more during quarantine than any other time before. You need to find an item that relates specifically to your family or your culture. Finally, you need to include some kind of documentation of daily life. It could be a to-do list or a daily schedule from home. It might be a receipt of something you bought. It might be a journal entry sharing how you feel about this. Keep in mind that your items need to last at least one hundred years. They also need to say something about the present moment. The more specific and personal, the better. Now, describe all 5 items for future generations. Include a few sentences about what each item is and why you chose it. Remember that they won't have the same background knowledge you have, so you'll need to be clear, specific, and descriptive in your explanations. (John Spencer)

THE CHALLENGE EXECUTED AS A VIRTUAL MOBILITY ACTIVITY:

The students work in groups of 4 (one from each country) and they have to communicate online to decide what to put into the time capsule. They write a text about it, explain why they have decided on certain items. Each group presents their ideas to others and then decide on the items that they believe would best represent our present. Each school really creates a time capsule and buries it in the school ground / keep at the headmaster's office until people are allowed to open in 30 (or less) years later. We also add some info about our schools and the project.

EXTRA IDEA: If there is a school club that deals with Technology and Design, then you can also make your own time capsule out of wood or metal...

3. A VIRTUAL SPORT GAME (on-line team building activity) P. E.

The idea is taken from John Spencer.

THE CHALLENGE EXECUTED AS A VIRTUAL MOBILITY ACTIVITY:

Students are put into groups of 4 (one from each country) and have to come up with a game or sport that is amusing, fun and can be played virtually/online. We try it out online.

<https://www.youtube.com/watch?v=RyI37A7RhKw>

Video prompt by John Spencer

You need to design a sport that people can play together even when they are physically far apart. The goal is to create a high interest game that requires physical movement. What is the goal of your sport? How will you win? Will you have points or will it end when you reach a specific objective? Will it be timed? Will you have specific rounds? Will you take turns? How many players will you need? Will it be a team sport or an individual sport? Will your sport have positions? If so, what will each person do? What materials will you use? What items can you use from home? How will you blend together the physical environment with technology? What will the dimensions of the field or court be? Will you play it indoors or outdoors? Will it be loud or quiet? What will the rules be? What will you allow? What will be forbidden? And what are the consequences for a penalty? Now invent that sport. You must work collaboratively with 2-4 people at a distance using email, shared documents, chat, or video conferencing. Be sure to make your game inclusive so everyone can play. The goal is to create something that is both fun and active at the same time. Now go out and make something awesome! (John Spencer)

4. S.O.S. (team building game) Class lesson / P. E. / History / Citizenship

In this activity, the students have to organize themselves in a way they can fit a small space without falling.

Tell the story:

It is the year 1912. You are British passengers on the brilliant and the safest ship in history, called The Titanic. You are travelling in the highest class, enjoying all the luxury that the ship can offer. The orchestra is playing and you are headed towards New York. It is late, so you go to sleep. Suddenly, some people start yelling that the ship hit an iceberg. You cannot really believe this, when you look out of the cabin window and notice that people started lowering the lifeboats. The music is still playing. Then, you start feeling the pressure under your feet... There is a loud cracking sound and you feel the ship started sinking very quickly. You run upstairs to the deck, but it is too late. The force of water tosses you right into the freezing icy cold ocean. You notice a large piece of ice floating by. You swim towards it and climb on it. However, there are some other people on the ice block as well. Try to work together to stay on the block until the help comes. In order to survive, no one is allowed to touch the water. Everyone has to stay on the ice block for at least 1 or 2 minutes (decide on your own).



By finishing the story, you throw two large pieces of cardboard / thicker pieces of newspaper stuck together / posters on the floor. Students have to jump on the paper and find a way to all fit in the limited area. While dropping the 'ice blocks' yell: Save your souls!

Tell the students if they can hold their positions for 2 minutes, they survive.

NOTE: The ice blocks shouldn't be too big. It has to be challenging for the students, so that they cooperate and hold or pull one another together in order to survive. Use one piece of paper, approx. A1 size per 12 students.

MORE DIFFICULT VERSION:

You can keep pushing the students' limits by reducing the area. Yell 'The ice is melting!' and tear away small pieces of paper every few seconds. The group that can stand on the smallest ice block without falling off wins.

<https://www.youtube.com/watch?v=ulg7wPVOVcg> (Waltz music from the Titanic's music band, 2'16") You can play this music after reading the story or while reading it.

5. BOB THE BUILDER (team building game)

Technology and design, Art

This game is all about working together to build something great. It lets students work together, develop great things, and makes them think critically and learn from their mistakes and successes.

Have your students work together and build the highest / largest / coolest / strongest structure with spaghetti / pasta and playdough / marshmallows in 30 minutes. You can do this in teams per 5 students.



ANOTHER VERSION:

You can give students 15 minutes time to plan their 'structure' to decide on the possible roles of different students in the group. They can also draw a sketch of their structure.

CONSTRUCTION IDEAS:

A city monument, a high tower, a fantasy creature, a school mascot, a long bridge, a royal chair ...

<https://www.youtube.com/watch?v=0ymcPin-4h0> (music you can play while constructing)

6. THE MAGIC CARPET RIDE (team building game) Class lesson / P. E.

Divide your class into 3 teams (less or more, depending on the number of students and the size of the blanket). Each team stands on a blanket, leaving about a quarter of the blanket space. Now, the three teams have to turn over the blanket without leaving it. This means they have to work together to end up standing on the other side of the blanket.



You can tell them a story:

It is a beautiful, warm, starry night. You are on a school trip in Morocco. You and your friends are riding a flying magic carpet. You are having a wonderful time. You enjoy the view of the green forests and high mountain peaks on the ground. Suddenly, you realize that you approached the shore and started flying above the sea. Soon, the magic carpet will lose its power, since it only works above the land. It is better you turn back and reach the land. The only way to navigate the flying carpet back is to turn it over. As you all are high up in the sky, you cannot step off it. This means you all have to work together to end up standing on the other side of the carpet. You have 2 minutes time.

Of course, you can change the story line and given time as you please.

You can also play some magical music while playing the game.

https://www.youtube.com/watch?v=f6rApcOKqaQ&list=PLGYGe2PKknX2DPDIF6F9BmdT_iNUW9JCI&index=22 (basic Arabian night's music)

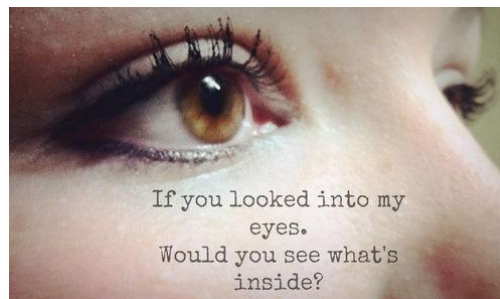
https://www.youtube.com/watch?v=hyKPZiaZGnA&list=PLGYGe2PKknX2DPDIF6F9BmdT_iNUW9JCI&index=23 (escape from the caves)

https://www.youtube.com/watch?v=NnwrUSj0wLw&list=PLGYGe2PKknX2DPDIF6F9BmdT_iNUW9JCI&index=24 (cool timing)

7. 'THE EYE TO EYE' CHALLENGE (mindfulness activity) ART, LANGUAGE class

Since the eyes are windows of our soul, they can say much more about us than we think. The deep look into our eyes can make us uncomfortable and vulnerable. As children today spend more and more time on electronic gadgets, they find it quite difficult to keep the eye contact when speaking to

people face to face. It does not come natural to them. For that reason, this activity is perfect to practise maintaining the eye contact and connecting with people on a deeper level.



STEP 1: Have your students take turns staring into each other's eyes for 60 seconds. This means they switch partners every 60".

STEP 2: The students talk to one another about how they felt during the activity. Was it uncomfortable? Why? Could they hold on the contact for 60 seconds? Why not? What did they learn about the other person? How does the other person feel according to their look in the eyes?

STEP 3:

VERSION A: Have your students draw their eye on a larger piece of paper and draw their feelings (using different colours or shades) / wishes / values / precious items in the pupil of the eye. Later, they discuss what they have drawn and learn more about one another.

VERSION B: Have your students take a close up pictures of one of their eyes. Create a mosaic in a special shape using the photos of students' eyes. You can also use drawings of the eyes.

VERSION C: Have your students pick a person they gazed into each other's eyes with that had the biggest impact on them. Let them choose a song that describes the person's eyes best. It can simply be a melody or maybe particular lyrics of a song.

VERSION D: Have your students pick a person they gazed into each other's eyes with that had the biggest impact on them. Let them make up a story or write a poem about their eyes. The title should be THE STORY BEHIND YOUR EYES.

<https://www.youtube.com/watch?v=JvOwJ-QxdV4> (music you can play while staring into the eyes)

<https://www.youtube.com/watch?v=TxkyFCeWAXs> (music you can play while staring into the eyes)

<https://www.youtube.com/watch?v=hIWil4xVXKY> (music you can play while doing activities)

8. WE ARE A PIECE OF ART (team building activity) P. E., Class Lesson, ART

Give your students enough space for this activity. It works best if they can work in a gym or outside on a grass field. Tell them they have to transform into a living monument that represents their SCHOOL / FRIENDSHIP / TEAM SPIRIT / CREATIVITY ... All the students must be included. They should use their bodies to create a human monument. They can use their bodies to write out words, they can create human structures or body 'pictures' or mandalas on the ground.



9. SAVE THE EARTH (team building activity) P. E., Class Lesson, Physics

For this activity, you need a lot of space and a tarp or nylon sheet and a tennis ball. First, you cut a few holes into the tarp (3 or 4, depends on the age of students). You can write numbers next to the holes or paint the edges with different colours. If you have large groups of students, you can divide them into two groups, depending on the size of the tarp.



Have your students placed evenly around the tarp. Each student holds the edge of the tarp with both their hands. Instruct your team to shake the tarp, so it begins to move around like a wave.

Tell them the story:

This is the universe. There are black holes in it. The Earth is in big danger. Its axes has moved and now the planet is travelling round the space in unimaginable high speed. You have to rescue it by preventing it to fall into the black holes.

VERSION A (easy): You must lead the Earth from one side of the universe to the other. If you manage this in two minutes, the Earth will be saved.

VERSION B (difficult): You must lead the Earth through the universe without letting it fall into one of the black holes. On its way the Earth must circle each black hole once. If you manage to do this, the Earth will be saved.

When you finish the story and once the tarp is moving, throw in a tennis ball (The Earth). The students navigate the ball around the tarp without letting it fall into the holes. If the ball falls into the hole, the students start again. The game is finished when they manage to save the Earth from destruction.

Every student on the team has to keep moving in order to roll the ball. If someone stops, the ball will drop. This game relies on constant communication to achieve its final goal.

<https://www.youtube.com/watch?v=6js9spdja6w> (a video presentation)

