



Save the Children

Ανάκληση συναισθημάτων -Ανάκληση κινήσεων

Activity Sheet 14

Date & Duration		1 φορά τη ημέρα / 1 per day	
Number & Ages of children (saperate boys and girls)		5 + 2 children/παιδιά	
Equipment Needed		Purpose(s) of the activity Psychosocial Skills: Trust/respect/responsibility/expression of emotions/adaption. flexibility/management of problems and conflicts/fair play/cooperation/communication/empathy... Mental abilities: observation, concentration/analysis,strategic thinking/creative thinking, imagination/learning memory/relaxation, letting go/ self awareness... Physical skill: speed/strength/resistance, endurance/flexibility/coordination, agility/reaction/rhythm/balance/precision/body awareness...	
Warm up(welcome purposes of the activity,short games,excercise)	Εξηγουμε στα παιδιά οτι το παιχνίδι είναι το κέθρεφτισμα των συναισθημάτων και των κινήσεων. Τους κανουμε σχετικές ερωτησεις με τα συναισθηματα τους, με τις καθημερινες τους συνηθειες / Explain to the the children that game is the reflection of their feelings and the their movement. We ask them relevant questions about their feelings ,and their basic habits		
Main part (activities games)	Τα δυο παιδιά ποτυ σιγκωνονται καθονται απεναντι το ενα απο το αλλο. Το ενα ξεκιναι και κανει μια εκφραση προσωπου , μια κνηση . Τα αλλο το μιμηται. Οσοι καθονται προσπαθουν να βρουν τι κανουν. Όταν όλα τα παιδιά περασουν απο την διαδικασια το παιχνίδι τελειωει. / The 2 children stand and placed one across the other. The first one start making a face expression and a movement ,the other try to do the same and the rest of them try to find what are they doing.. When all the children pass this procedure the game ends.		
Feedback from the children:	Self assessment by animator and improvements to be made:		