

SUPERMODEL EXERCISE



All participants



10 min

Arrange participants in a circle. Instruct participants that they have to act out your instructions. When pointed to and given the following commands:

"Super Model" - Participant should immediately pose as a fashion model. The two participants alongside the participant acting as a super model (the one on the left and the right) take the role of photographers and mimic gestures of taking a photo. **"Elephant"** - Participant poses as an elephant by immediately thrusting two hands held together in front to represent the elephant's trunk. The two participants alongside form a circle with their hands and place them on the side of the participant pointed to serve as "ears" of the elephant. **"Jello"** - Participant shakes his or her body like jello continuously. The two participants alongside hold each other's hands and form a circle around the target participant. The idea is to form a "glass" around the jello. **"Queen Bee"** - Participant turns around and puts his or her hands together behind the back (just above the buttocks) and flutters them back and forth to mimic a bee's tail. The two participants alongside thrust their arms away from the bee and flutter them like wings. **"Donkey"** - participant and those alongside him or her should freeze and not move at all. Expect that people will be confused and make mistakes. Such mistakes generate laughter and fun. To make the exercise competitive, participants who make a mistake (both the one pointed to and the two participants alongside him or her) can be eliminated from the game. The exercise can be used several times in a meeting or seminar.



This exercise is great for laughs and relaxation. Shedding of status and roles.

