

GAME: SIGN OF FEAR



All participants



10 min



Participants should stand in circle. Now the trainer gives the following instruction: everyone should mimic one sign of fear without saying a single word! Signs cannot be repeated – so think of a sign that was not previously presented!

The trainer may start him/herself or may point on a person who will give a sign of fear first. The play ends once everybody showed a sign of fear.



The play will make participants think about our common response to fears we all experience during lifetime while at the same time different signs are expected to bring smiles on their faces☺!