

PLAY: STORY-TELLING



All



5 minutes

Ask the participants to form the circle. They you should close their eyes, be quiet and not to say a word until they hear applause. Then, the lead trainer begins to tell a story by choice, with deep, calm and suggestive voice. The story should be inspiring, so that participants could easily see images in their heads by listening the story. For example, a story about the sea, the beach and the sunset, the story about food that is going to be served for dinner upon the completion of the training, the story about cakes, pastries, etc.

Example:

"We are walking down the corridor. We enter the dining room. We see a table with food. We are approaching metal containers for keeping the food warm. We're opening the first one.... Roasted chicken with crispy crust and baked potatoes. It smells like chicken and rosemary.... I open another container. Smoked trout. I feel the smell of smoked trout... I open the third container. Chicken in Parma sauce. It smells like sour cream and fried bacon... A jar with olives. Black meety hard Greek olives. I take a bite of one. Mmmmmmm, I chew, it's so fleshy... A cheese platter, a hard white cheese. Mmmmmm. There is a plate with cakes. Juicy triangles of Turkish baklava with honey and nuts. Mmmm, juicy baklava. Mmmmm. I take a plate and I start picking the food"

After 5 seconds of silence, we begin the applause to signalize to participants that the game is over and that they can open their eyes.



The play to end the training in good mood.

M6 Instruction 17



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