

Stay Fit – Stay Calm
2014-1-EL02-KA105-000527

ACTIVITY SESSION 1

NAME **GETTING TO KNOW EACH OTHER/GROUP BUILDING ACTIVITY**

AIMS To get to know each other, to establish an atmosphere of trust, group

DESCRIPTION. Among the activities - propose "Human Bingo" with questions on Greek culture and topics of the seminar – the group needs to interact with each-other and to complete the 12 questions.

TIME: 15'

RESPONSIBLE PERSON Nataliya Nikolova

Human Bingo

Find someone who is involved with an organization which matches with the criteria below, fill their name in the box, and as soon as you have a name for each box, shout BINGO

Remember – You can only use a person's name once per game

Find someone who :

Has got relative in another country	Lives in a home where more than one language is spoken	Involved with active participation youth	Has eaten "bougatsa"	Forgot food in his refrigerator at home
Part of an existing network	Has recently talked to someone who has lived in another country	Has never done sport activity	Active in promoting healthy lifestyle	Is for the first time in Greece
Has got two pets at home	Involved in projects in the field of Education/ wellbeing	Is involved with someone else (as a couple) in the group	Has been living in another country for more than 6 months	Likes to go to the mountain

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ACTIVITY SESSION 2

NAME **Inclusion through outdoor activities**

AIMS - will define later and send again.

DESCRIPTION. Open the discussion with what happens if we do not go outside in a more funny way– Vit D, Immune system, Cholesterol , Empathy , Stress ; learning styles and outdoor activity (Theory of Biophil, on Experiential leaning)

From theory to practice - use as info from this lecture: <https://www.youtube.com/watch?v=-PpDq1WUtAw&index=25&list=PL848F2368C90DDC3D>

A group activity from Compass p.277 – Sport for All

(http://www.theewc.org/uploads/content/archive/compass_2012_FINAL.pdf) – to create an outdoor activity and to present it; Group work for 15-20 min in groups of 8 people and presentations

TIME 1 hour

RESOURCES – on a poster will write the rules of the activity Sport for All; projector and laptop for presentation; a poster sheet for each groups

RESPONSIBLE PERSON Nataliya Nikolova



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ACTIVITY SESSION 3

NAME **SCAVENGER HUNT**

AIMS Looking for treasures in the urban land. Acknowledge the benefits of being outside.

DESCRIPTION. Participants are divided into 4 groups of 10. Group size can be smaller depending on the number of pax. Each group needs to go to specific locations in the city and discover places where outdoor activities can be performed. (The same activity can be done in the countryside). Each group is given instructions and specific tasks to implement. Presentation of the tasks is then made in the plenary.

TIME 4 hours

RESOURCES – Directions and Instructions given on specific locations per group.

RESPONSIBLE PERSON: Anastasia Timologou

ACTIVITY SESSION 4

NAME **Reiki**

AIMS Acknowledge the benefits of alternative medicine such as Reiki

DESCRIPTION. Introduction to Reiki.

The participants are able to practice Reiki in pairs. Introduction to the chakras, their colours and what meditation can heal in that specific area.

TIME 1 hour

RESOURCES – Zen music https://www.youtube.com/watch?v=ye8CF8A7r_4
Free Reiki course <https://www.youtube.com/watch?v=HZpFm85UYIo>

RESPONSIBLE PERSON: Rafaela Pascoal

