



Non-Formal Methods for non-  
common-language contexts

Volunteers across Frontiers



Youth  
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*This material contains non-formal methods that you can use when language is a barrier, when you have groups that do not speak a common language. These methods have been tested on multiple target groups by 10 Romanian volunteers working with Chinese children, youngsters and elderly people in 3 Social Centers in Guangzhou, China.*

*You will find here 55 methods as well as the observations and comments of the 10 volunteers.*

## **Non-Formal Methods for no-common-language contexts**

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## Volunteers across Frontiers

C.A.D.D.R.U.- Assistance Center for Sustainable Development and Human Resources, together with 5 partners from Romania and China ( Chance for Life Romania, Student Organization from Arad, Bei Du Xing Social Center, Yang Ai Special ChildrenParent Club si Guangzhou Agape Social Center) organized between 1st of May and 3rd of June 2012 a volunteering project –



„Volunteers across Frontiers” - with the goal of promoting volunteering and non-formal education as an instrument for overcoming linguistic barriers.

"Volunteers across Frontiers" is a project developed into the European Service of Volunteering ( EVS ), in the context of **The Year of Cooperation E.U.-China** and consisted in sending 10 volunteers with poorer opportunities from 3 Romanian organizations (C.A.D.D.R.U., Chance For Life, O.S.A.) to 3 organizations from south-east China (Yang Ai Club, Bei DouXing Center, Agape Center) to Guangzhou town.

The objectives of the project are the promotion of the values of volunteering and non-formal education in the purpose of international cooperation and of stimulating personal development of the volunteers by intercultural experiences and the development of solidarity and mutual understanding between youths.

The 10 volunteers with poorer opportunities, coming from different disadvantaged social groups (from rural areas, with economic, familial and health problems) worked with a mixed group of youths and children



with

poorer opportunities from China. In conformity with the demands of the project, the 10 volunteers and the group of beneficiaries aren't English speakers and they didn't use English, Chinese or Romanian as languages of communication neither interprets to facilitate communication. They developed methods of non-formal education that can be used in mediums where language is a barrier in communication.

The project, made with the aid of Youth in Action Programme of EU, is one of the first of this type in the European space and in the context of the EVS.

## Methodology

The games/ activities described in this brochure are inspired from manuals, T-kits, collection of texts, projects of different associations or organizations from Romania or Europe. Also, the brochure contains games/activities practiced for the very first time in this project. What we intended to do in **Volunteers across Frontiers** was

to add a new learning objective to these already present and that is exceeding the barriers of communication, respectively of linguistics.

As it is described in the activity files, some games managed to pass these barriers and others less. One of the most used instruments in non-formal and informal education is the game.

There are manuals that describe the game as a pedagogic method and as one of the main instruments that sustains psycho-motric development of children and of youths. In accordance with these and adding the structure and the principles of non-formal/formal education, we propose a brochure with games that can be useful when we meet barriers of communication, principally linguistic barriers (the group we are working with talks

The games can be used



another unknown language).

also by educators, teachers and youth workers, socio-educative animators, volunteers, group leaders. Even though at the beginning, in Romania have been and still are attempts to propose this kind of activities to children and youths. The games proposed in this brochure

have been already used in practice by



participant volunteers in the project **Volunteers across Frontiers**, they demonstrated their utility in concrete situations.

Except these concrete situations, of clear examples and of small tricks, this brochure encourages users to be creative and to adapt the content to the circumstances of its' own experience. The capacity of the reader to use games in the proper context will help having a better understanding and use of them.

The activities proposed by the volunteers in the project

**Volunteers across Frontiers** corresponded or depended on:

- **the socio- psycho-motric characteristics of the working group**
- **space conditions**
- **the moments of the day**
- **the available resources**

Depending on the socio-psycho-motric characteristics:

- **activities grouped depending on the age of participants**
- **activities for people with disabilities**
- **activities depending on the number of children from the group**

Depending on the moments of the day:

- **morning activities: dynamic games, creative activities**
- **afternoon activities: sport activities, big games ( eco, Olympics )**
- **evening activities: karaoke, charades, cards games, thematic evenings**

Taking into account the space conditions, the activities were:

- **for interior- they take place into a closed room with the dimensions that correspond to the number of participants**
- **for exterior- in an open space ( in the yard, forest, sport terrain )**



To be mentioned the activities took place in 3 different places (Yang Ai Club, Bei DouXing Center, Agape Center) in teams of 3 or 4 members. The leading organization and the hosting organizations assured the presence of a mentor or a support person near the Romanian volunteers.



# Non-Formal Methods

## 1. Jumping Balloons

**Type:** game

**Duration of the game:** 3-10 min.

**The Learning objectives:**

- team working
- strategy
- having fun
- competition

**Exercise/game description:**

The children will be separated in 3 teams. Each of them will receive puffed balloons of different colors and bound by the ankle with a rope. Each child will bind to his leg a balloon with a rope. The purpose of the game is that each team tries to break the balloon from the opposite team while tries to protect its' own balloon. If the balloon is broken, the participant steps out of the game. The winning team is the one with the most unbroken balloons.

**Cultural/ linguistic difficulties:**

Be attentive to explications! Be attentive to the fast broking balloons in the presence of children. Puff many reserve balloons!

It takes less and the children don't respect the rules

**Target group:** 8-30 persons, 6-30 years

**Necessary materials:** Two-colored puffed balloons (20 pieces / team), rope.

**The working space:** Outdoor (it can also take place indoors but in a large space)



## 2. Table Games

**Type:** table game

**Duration of the game:** 50 - 60 min.

**Learning objectives**

- attention improvement
- patience

**Duration of the exercise/game:**The group will be separated in several teams if it is too big. Each team will play: *Don't be angry brother, Lost*



path or The pyramid

**Cultural/linguistic difficulties:** Some of the children won't be attentive, preoccupied with the games, creating disorder in the group. The children could become attentive to the game when they become curious.

**Target group:** 20 persons of 6 – 12 years.

**Necessary materials:** board games.

**Working space:** the hall with several tablets and chairs

### 3. Snowballs

**Type:** Dynamic game

**Duration:** 18 min

**Learning objectives:**

- learning the names visually, auditory and kinetic
- teamworking, competition,

**Exercise/game description:** The participants sit in a circle. The coordinator gives a pencil and a paper to each participant then he writes his own name on his paper and shows it to everyone while he shouts his name. The coordinator divides the group into two teams (by numbering 1,2,1,2 etc.) and crumples the paper. Everyone will do the same. Then he will throw the crumpled paper to one of the teams and the other participants will do the same. The coordinator will stop the game. Each of them will have a snowball. The coordinator unfolds the paper, reads the name on it, and the one called will do the same until the chain finishes.

**Cultural/linguistic difficulties:** The game is good, but the attention of the children must be maintained by using a whistle. Boys are harder to attract in the game and new ways must be found for them.

**Target group:** 8 – 30 persons with ages between 6 to 30 years

**Necessary materials:** Paper X, number of persons, pencils, number of persons

**Working space:** into a hall



## 4. The Dragon

**Type:** game

**Duration of the game:** 10 - 15 minutes

**Learning objectives:**

- team working
- coordination

**Exercise/game**

**description:** The group forms an Indian row by picking each of their t-shirts. One participant will remain outside the group. The row is called Dragon. The purpose of the dragon is to catch the free participant. In that moment, the caught one will become the tail of the dragon and the head of the dragon will become the free character.

**Cultural/linguistic difficulties:** Children teach the facilitators this game and they understood it.

**Target group:** 8 – 10 person over 6 years.

**Necessary materials:** N/A

**Working space:** outdoor



## 5. The dog and the cat

**Type:** game

**Duration of the game:** 3-5 minutes

**Learning objectives:**

- reflex
- competition
- fun
- attention to defense and offense

**Exercise/game description**

Children will sit in circle. They will be divided into 2 teams by numbering 1,2,1,2 etc. Team no 1 will be the Cats' Team, team no 2 will be Dogs' Team. One cat and dog of each team, diametrically seated, will be given a small ball of different colors. Both the dog and the cat will have to pass the ball to their next team partner from their right side. While the dog tries to pass the ball to the next dog, the cat will try to stop

it. The same will do the cats. The game will finish when one of the balls catches the other. The winning team will be the most rapid one.

**Cultural/linguistic difficulties**

Once the rules settled, the games works. But the attention of the children both in the offensive and in the defensive is rather poor.

**Target group**– 8-30 persons, 6-30 years

**Necessary materials:** 2 ball of different colors

**Working space:** indoor

## 6. Ducks and Hunters

**Type:** game

**Duration of the game:** 27 minutes

**Learning objectives:**

- fun
- entertainment

**Exercise/game description:**

Two persons will be the hunters. The others will be the ducks. The two hunters will stay on a distance of 10 meters one of the other and the ducks will stay in the center. The hunters will try to hit the ducks with the ball and eliminate them when they are hit. The game continues until all ducks are eliminated. If a duck catches the without falling it wins a life or it can resurrect another duck.

**Cultural/linguistic difficulties:**

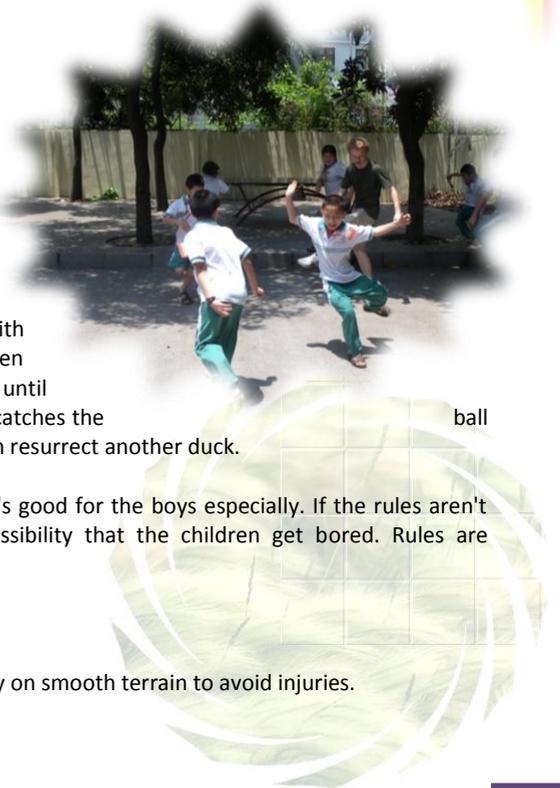
It's hard to explain all the rules. It's good for the boys especially. If the rules aren't correctly explained there is a possibility that the children get bored. Rules are important.

**Target group:**

25 persons, 6- 30 years

**Necessary materials:**a light ball

**Working space:**Outdoor, preferably on smooth terrain to avoid injuries.



ball

## 7. Şhapse

**Type:** game

**Duration:** 30 min

**Learning objectives:**

- development of attention

**Exercise/game description:**

The participants will stay in circle. They raise their right hand with the forefinger up under the left palm of the finger from the right palm. The left hand has the open palm in horizontal position up the left finger. The coordinator will help the

participants to come to the right position and on his signal the participants will have to try simultaneous to catch with left palm the forefinger of the person from his left side and to retreat his forefinger from the right palm from his right side partner palm in order not to be caught.

**Cultural/linguistic difficulties:**

There have never been difficulties in understanding the game and it had a smaller duration than the facilitators would have been expected.

**Target group:** 20 pers with age between 6 and 12

**Working space:** Outdoor



## 8. Chinese Football

**Type:** game

**Duration:** under 3-5 minutes

**Learning objectives:**

- development of competitiveness

**Exercise/game description:**

Everyone stands in circle with their legs separated and without space between them. The purpose is to pass a ball between the legs of the others. After the first goal the person who received it turn with the back and the second one is eliminated from the game. The game can be modified - instead of turning with the back, loses a hand and after he loses the second one gets eliminated.

**Cultural/linguistic difficulties:**

Children learn fast the game. Some explications in Chinese will be **Necessary**. The first time it was played with 10 children. Then it was repeated and it went excellent



with a greater number of persons: 17 children and 3 volunteers. It was played in 3 groups and it was adapted in 2 columns.

**Target group:** 5- 10 persons with ages between 6 and 12 years. In case of a larger group it must be devised in groups. Maximum age can be 35-40 years old persons.

**Necessary materials:** one ball

**Working space:** indoor, a large room, it can't be played on grass.

## 9. Football/Basketball on chairs

**Type:** game

**Duration:** 10-50 minutes

**Learning objectives:**

- team working
- strategy
- fun
- competition

**Exercise/game description:**

Children will be devised in 2 teams. You have to find a slippery surface that will have 2 opposite parts. One person has to be an arbiter. Resistant chairs of plastic are recommended. Also a ball is needed. The game will take place exactly as football/basketball game. The only difference is that the players will sit on chairs. The rule is to use only their legs and not to lift from the chairs. They can crumble the chairs. Who manages to score with the ball receives one point. In the case of basketball, in place of basket a chair turned upwards can be used.

**Cultural/linguistic difficulties:**

Children don't have patience to stay on the chairs to hit the ball. Be attentive not to hit with the chairs. If a team is formed by too many players and the terrain is too small blocks can appear. In this case changes in the rules may appear- can be



whistled when the ball locks, etc.

**Target group:** 8-30 persons, 6-30 years old

**Necessary materials:** Plastic chairs, whistling for the arbiter, a small ball and a big football ball.

**Workingplace:** outdoor

## 10. The Merry Olympics 1

**Type:** competition with multiple games

**Duration:** 150 minutes

**Learning objectives:**

- team working
- competition
- equilibrium
- speed
- skill
- hand-eye coordination

**Exercise/game description:**

The game is divided into 2 great rounds, F01 and F02. F01 is formed by 4 phases:

A – in pairs, the two will move from one house to another one piece of paper by using a fan and competing for that. It functions on the principle of relay

B – each member of the team will have to move by gathering in his palm a bottle upwards with a ball on it on a certain distance

C – each team will have a house and residence. Each member has to take a ball from the house to the residence by passing through hopscotch. The team members have alternative goals: the first take the ball, the second brings it to be moved again (the relay)

D – the members of the 2 teams throw with a ball in the circle positioned on a

higher position (available for all models: for each win a star is won. In the end the stars are numbered. It will always be equality)

**Cultural/linguistic difficulties:**



The difficulty to make these games comes from the small age of the participants: between 6 and 8 years old. It is very hard to control so many enthusiastic and active children (more than 30 children).

**Target group:** 15-20 children, 6-99 years

**Necessary materials:** 4 fans, 2 papers, chalk, 2 empty bottles, 4 small balls, circles, whistle, score board, a piece of material to distinguish teams.

**Working place:** outdoor.

## 11. *The Merry Olympics 2*

**Type:** competition with multiple games

**Duration:** 60-70 minutes

**Learning objectives:**

- teamwork
- competition
- equilibrium
- speed
- skill
- hand-eye coordination

**Exercise/game description:**

FO2 is divided in 3 rounds:

A – From house to residence each member will have to run with a ball between its' knees. Next 2 members will run having a ball separating their fronts

B – Each team throws three times with a ball in a tenpin

C – Two teams will throw with circles of the size of bigger adhesive bandage into two sticks fixed in the earth.

**Cultural/linguistic difficulties:**

The difficulty to make these games comes from the small age of the participants: between 6 and 8



years old. It is very hard to control so many enthusiastic and active children (more than 30 children).

**Target group:** 15-20 children, with ages between 6 to 99 years

**Necessary materials:** 2 ball, 2 sticks, 6 circles, tenpins or water bottles with water in them.

**Working space:** outdoor

## 12. Funky Chicken

**Type:** energizer

**Duration:** max. 1 minute

**Learning objectives:**

- Dynamic

**Exercise/game description:**

A circle is formed and a series of moves are made and one series is shouted simultaneously with the moves. The leader shouts and makes a funny move.

**Cultural/linguistic difficulties:**

It doesn't work. The children don't understand English. It must be made with verses in Chinese or with verses they don't know.

**Target group:** 6-30 persons with ages between 6 and 30 years

**Necessary materials:** A whistle for signals.

**Working space:** Indoor / outdoor.



## 13. The tunnel of trust

**Type:** trust game

**Duration:** 10 minutes

**Learning objectives:**

- the rise of rapidity in reactions
- the development of trust between the members of the group

**Exercise/game description:**



The participants gather in two columns face in face having the arms outstretched in the front. A person has to run through a tunnel of hands and all those withoutstretched hands have to raise up their hands with a few time before passing the person that runs.

**Cultural/linguistic difficulties:**

It was harder to explain and keep the children disciplined. Because the children were small the formed space with hands between them wasn't always sufficient for a person to pass.

**Target group:**20 persons with age between 6 and 12 years

**Necessary materials:-**

**Working space:**outdoor

## 14. @ the wall, STOP !

**Type:** game

**Duration:** 20 minutes

**Learning objectives:**

- the speed of reaction
- dynamic



**Exercise/game description:**

One child will stay with his back on the wall while all the others are situated on a starting line. The child from the wall says „On the wall, on the wall, stop!” staying with the face on the wall and after that it turns over suddenly. While he is pronouncing the words, the children from the starting line will run towards the child from the wall and they will remain fixed

when he returns. The idea of the game is

not to be seen on motion. Who is seen in motion begins from the starting point again. Who arrives to the wall gets the place of child who's already there.

**Cultural/linguistic difficulties:**The words „On the wall, on the wall, stop!” couldn't be used, they were changed in „yi, er, san, stop!”.For cause of great number of children

it was difficult for the one from the wall to see everyone. As a result, there were more children against the wall.

**Target group:** 10 – 15 persons older than 6 years old.

**Necessary materials:** chalk

**Working space:** outdoor

## 15. *The spider*

**Type:** game

**Duration:** 20 minutes

**Learning objectives:**

- team working
- leadership
- coordination
- dynamic

**Exercise/game description:**

One child is chosen as a bat and the others will be flies. The spider catches flies and in that moment the flies become spiders. Together they will run over the other flies. A caught child becomes a bat.

**Cultural/linguistic difficulties:**

We didn't manage to explain children that the game has a terrain and it takes place in a certain perimeter. For this reason we didn't finish our game.

**Target group:**

15-20 persons, 6-16 years

**Necessary materials:** N/A

**Working space:** outdoor

## 16. *The rain*

**Type:** energizer

**Duration:** 3-7 minutes

**Learning objectives:**

- dynamic
- synchronization
- fun

**Exercise/game description:**

The participants will seat in circle. The coordinator will hit his left forefinger to the right one. Everyone will do the same. Than the coordinator will hit his right arm forefinger and middlefinger to the ones of the left one. The noise will become stranger. Everybody hits its' fingers simultaneous. The game continues until the

participants will arrive to applause. The noise will be similar to the one of the rain. It can be added a thunder in synchronization.

**Cultural/linguistic difficulties:**

It's hard to explain. If children don't synchronize the game will not work.

**Target group:**8-30 persons, 6-30 years

**Necessary materials:** N/A

**Working space:**indoor

## 17. *Pony, pony*

**Type:** game

**Duration:** 10 minutes

**Learning objectives:**

- coordination abilities
- dynamic of the group abilities

**Exercise/game description:**

Pony, pony is a game with palm claps that follows a simple melodic line:

„Oooopony, pony /

Kademiamustafa / Mustafa fa fa / Omega ga ga / Ongiepiepiepi / Comi tepi tepitepi / Ongeooooo / Come goooo”

**Cultural/linguistic difficulties:**

There have been detected difficulties in the pronunciation of words and slower reactions to difficult moves of the hands given the fragile age of children.

**Target group:** 20 persons of any age

**Necessary materials:**N/A

**Working space:**outdoor



## 18. *Stories through our eyes !*



**Type:** creation workshop

**Duration:**30 minutes

**Learning objectives:**

- the development of artistic abilities ( drawing, how a mental image is materialized )
- Teamwork

**Exercise/game description:**

The group is separated in 6 groups, each of them seated round a table. Each table gets a note where is noted the name of a classic story like Little Red Cap, Cinderella, etc. The teams must be made to draw together by using 5 colors, a representative image for the given story.

**Cultural/linguistic difficulties:**

The children draw individually but not in group. They didn't respect the rule of the 5 colors. They used mainly 2 colors.

**Target group:** 15 – 18 persons with ages between 6 and 12 years.

**Necessary materials:** Colored pencils, white papers, pencils, notes with stories

**Working space:** table room.



## 19. „Prison break“

**Type:** game

**Duration:** 20 - 30 minutes

**Learning objectives:**

- team spirit
- the development of sportive abilities
- amusement

**Exercise/game description:**

The game has the following structure: there are two teams- A and B. Team A is formed of 3-4 people depending on the dimension of the group and team B from the rest of people. There is a jail in which the 3 ones run after the others to bring the prisoners. The escape when an uncaught colleague touches one of the captured ones. The game ends when the entire B team is captured.

**Cultural/linguistic difficulties:**

The team of participants was too large and the game was hard to monitoring.

**Target group:** 15 - 20 persons with ages between 6 and 15 years.

**Necessary materials:** the chalk to draw the prison on asphalt but isn't vital.

**Working space:** outdoor



## 20. *No-hands volley*

**Tip: game**

**Duration:** minimum 10 minute

**Learning objectives:**

- team working
- the dynamic of the group
- competitiveness stimulation

**Exercise/game description:**

The group is devised into 2 groups and the teams are organized into a volleyball game, having a net at the height of tallest player. The volleyball will be made of a very light bag that the participants cannot touch. The purpose is to pass the bag over the net. When the game becomes monotonous there will be added a few other bags and afterwards the game finishes.

**Cultural/linguistic difficulties:** No difficulties

**Target group:** 10 - 15 persons with ages between 6 and 12 years, also with participants of all ages

**Necessary materials:** light bags, a rope for a net

**Working space:** dancing hall or can be played outdoor.

## 21. *The chinese greeting*

**Type: name game**

**Duration:** 15 minutes

**Learning objectives:**

- learning the names of participants
- attention to the other greetings

**Exercise/game description:**

Each participant will say his name associated with a specific move that will become its' greet. Seated in circle, each of the participants will repeat the names and greets of those that preceded them and also their names and moves. The end of the game is the moment in which the last participant will repeat all the previous names and movements.

**Cultural/linguistic difficulties:** The children are running and hard to be controlled. Boys don't get into the game. It's hard to repeat all the names.

**Target group:** 14 - 15 persons with ages between 6 and 12 years old but there is no age limit

**Necessary materials:** N/A

**Working space:** dancing hall



## 22. *Husband and wife*

**Type:** game

**Duration:** 10 minutes

**Learning objectives:**

- team coordination
- dynamic

**Exercise/game description:**

The participants are divided into teams of two, except a participant. The purpose of a game is that the free participant tries to catch and steal the husband/wife of the other one. When the partner will be stolen the free person will change. The game continues until it can be maintained by the group.

**Cultural/linguistic difficulties:**

The children didn't understand the concept of partner by abandoning his/her partner very often. The game was transformed into a simple running.

**Target group:** 12 – 16 persons of any age.

**Necessary materials:** N/A

**Working space:** outdoors, playing ground



## 23. *Alternative sport*

**Type:** competitive game

**Duration:** 60 minutes

**Learning objectives:**

- teamwork
- the stimulation of competition

**Exercise/game description:**

The children are divided into 2 teams and the game has 3 rounds. First one: flying bag. Second: by using a rope one team tries to bring closer the other team by pulling out the rope from the opposite part. Third round: the relay. Each team has to draw on the asphalt two circles: the house and the place where the ball has to be brought to. They will run each on their turn; victory will be for the one who finishes first. For each win the team gets a star. Be attentive to maintain equilibrium at getting out.

**Cultural/linguistic difficulties:**

Because the games are very dynamic the attention of the children loses. A whistle is needed. Don't let 30 children pulling from the rope.

**Target group:** 15 - 20 persons of 6 to 12 years old.

**Necessary materials:** one net, light balls, rope, balls,

**Working space:** outdoor



## 24. *The Relay*

**Type:** competitive game

**Duration:** 20-30 minutes

**Learning objectives:**

- team working
- competitive spirit

**Exercise/game**

**description:**

Participants are divided into 2 rows with equal number of members. The coordinator gives a ball to the first participant of each row. The ball goes from hand to hand to each person in the column and when it arrives to the last person that one must run to the

starting line to give to the next one and taking the place of the first participant. The game ends when the first participant arrives again in the front.

**Cultural/linguistic difficulties:** None.

**Target group:** 20 persons with ages between 6 and 12 years old.

**Necessary materials:** 2 balls

**Working space:** Outdoors



## 25. *Country, country we want soldiers*

**Type:** game

**Duration:** 30 minutes

**Learning objectives:**

- team working
- fun
- competition

**Exercise/game description:**

The children will be divided into 2 teams. They will hold each other's hands in a continuous right line. One team will shout: Country,



country, we want warriors! and the other team will answer Whom?. A person from the concurrent team will be named. This person will try to break the bond of hands by running through the line of hands of the participants. If we gets to break the bond, he gets another person from the opposite team and return to its' team. If he doesn't, he remains in the opposite team if not he return to his team. The game ends when a team gets empty.

**Cultural/linguistic difficulties:**

It goes excellent because all the members are involved. Please be careful not to get injured!

**Target group:** 10-30 persons, between 6 and 30 years old.

**Necessary materials:**a whistle for signals

**Working space:**outdoors

## 26. *The instable tower*

**Type:** boarding game

**Duration:**3-10 minutes

**Learning objectives:**

- Attention
- Strategy
- Fun
- Kinetic coordination

**Exercise/game description:**

Colored pieces of wood will be placed in order to form a tower. Each player will throw the die. The indicated color by the die represents the wooden piece that the player must get off the tower without collapsing it. The piece taken out will have to be put on the superior part of the tower. The game will continue until the tower collapses.

**Cultural/linguistic difficulties:**

After the clarification of the rules, the game functions and is dynamic.

**Target group:** 8-30 persons, between 6 and 30 years old.

**Necessary materials:**the game of the instable tower

**Working space:**indoors



## 27. *Bracelets and Necklaces*

**Type:** creation workshop

**Duration:** 2 hours for 3 times

**Learning objectives:**

- skills development
- development of motoric abilities
- attention improvement
- the development of imagination
- autonomy
- entrepreneurial abilities

**Exercise/game description:**

Fitting (losses) on wire or thread beads of different shapes and colors in order to make the bracelets, earrings and necklaces.

The knitting of bracelets of textile materials on different colors.

**Cultural/linguistic difficulties:**No difficulty in implementation.



**Target group:**

1. 20 persons with disabilities (ages between 30 and 50 years old).
2. 35 persons: parents and children (ages between 3 and 45 years old).

**Necessary materials:**beads, wire, cotton, rings for earrings, scotch, scissors, pincers, textile materials of different colors and widths.

**Working space:**hall for manual working

## 28. *Musical chairs*

**Type:** game

**Duration:** 12 minutes

**Learning objectives:**

- attention improvement
- rhythm
- fun
- competition

**Exercise/game description:**

The chairs are seated in circle by taking



care that their number is smaller with one than the number of participants. The music is turned on and the children will dance around the chairs in row. When the music stops, all participants must occupy a seat. The one who remains without a place gets eliminated and each time another chair is given up. The one who manages to sit on the last remaining seat wins.

**Cultural/linguistic difficulties:**None

**Target group:**8children with ages between 8 and 10 years old

**Necessary materials:**seats, tape recorder, songs

**Working space:**indoor

## 29. *The Red Riding Hood, the Wolf & the Hunter*

**Type:** game

**Duration:**7 minutes

**Learning objectives:**

- dynamic
- team working
- competition

**Exercise/game description:**

The participants will form 2 groups. Before they are presented some images with the 3 characters of the story: The little red cape, The wolf and The hunter. Their signs are presented- ears for the bunny, gun for the hunter, etc. and they'll have to imitate them. Each team decides what character to imitate and the start each team makes the move associated with it. Between the little red cape and the hunter the first one wins and between the hunter and the wolf the first one and, finally, between the wolf and the girl the wolf wins. Each team gets a point for each victory. There are 5 rounds and the team with most points wins.

**Cultural/linguistic difficulties:**

A image with the the little red cape was replaced by one with a bunny. All groups wanted to imitate the wolf.

**Target group:**8 kids with ADHD with ages between 8 and 10 years old.

**Necessary materials:**images with characters from the story

**Working space:**indoor



## 30. *The Hopscotch*

**Type:** game

**Duration:** 15 minutes

**Learning objectives:**

- attention improvement
- skills
- motric abilities development
- competition
- fun



**Exercise/game description:**

The hopscotch is drawn, then the spaces are completed from 1 to 8. The children sit in row and they keep quiet while throwing with a stone or coin in the spaces of the hopscotch in the order of numbers. After each space, they have to jump in one leg to the last space and backwards. If the stone doesn't arrive in the intended space or the player walks on the line of the hopscotch with one leg or both, the next member takes its' place.

**Cultural/linguistic difficulties:**

There is another kind of hopscotch in China with 9 spaces and without throwing the little stone and there are also completely different rules.

**Target group:** 8 children with the age between 8 and 10 years.

**Necessary materials:** chalk, a little rock

**Working space:** in a park

## 31. *Who's the leader?*

**Type:** game

**Duration:** 10 - 12 minutes

**Learning objectives:**

- team working
- coordination
- attention
- imitation
- fun



**Exercise/game description:**

A circle is formed with all the members. One of them is taken out the classroom and the remaining group names a leader to make a series of movements that will be

imitated by the entire group. The child left outside is called in the room where he is putted in the middle of the circle and he has to guess the leader.

To be mentioned: during the game, the moves will be changed by the leader by trying not to be seen by the member from the center. After 3 wrong answers, the child from the middle is eliminated.

**Cultural/linguistic difficulties:**

Initially it wasn't understood that everyone has to imitate the leader.

**Target group:** 8 members with ages between 8 and 10 years old.

**Necessary materials:** -

**Working space:** indoors

## 32. *The rope of trust*

**Type:** trust game

**Duration:** 5-10 minutes

**Learning objectives:**

- team spirit
- the development of collaboration
- encouraging trust between participants
- the stimulation of muscular tonus
- the stimulation of the equilibrium



**Exercise/game description:**

The game is part of the series of games with ropes. The participants are seated in circle, initially on the floor - as a security measure for avoiding injuries caused by falls. The rope is bonded at the two extremities in circles and it is given to the participants. They will catch the rope with both hands and will progressively lean on their backs, stretching their arms until the entire wage of their body is sustained by the rope hold by the others. In final phase all participants will have their arms stretched and will sustain their bodies with the help of others and the rope.

The game was a success and was repeated.

**Cultural/linguistic difficulties:**

None and it became very popular.

**Target group:** 9 persons with intellectual disabilities, with ages between 16 and 30 years old.

**Necessary materials:** Thick and hard rope, 5 meters, bound in the extremities.

**Working space:** indoor

### 33. *Pass the name forward*

**Type:** mountain game

**Duration:** 10 minutes

**Learning objectives:**

- knowing names
- meeting the participants and the facilitators

**Exercise/game description:**

The participants are staying up forming a circle.

This is the first game used. The first participant/facilitator says his name and puts in his chest. Gives to another one in the right the object and pronounces his name another time. The game continues for all participants. At the reception of the object each of the participant thanks to the sender.

**Cultural/linguistic difficulties:**

None and the game was a bit small because the participant have intellectual disabilities

**Target group:**

9 persons with intellectual disabilities, with ages between 16 and 30 years old.

**Necessary materials:** A toy - a dog

**Working space:** indoor



### 34. *A Dance from Ardeal*

**Type:** cultural activity

**Duration:** 20-25 minutes

**Learning objectives:**

- Intercultural - traditional dances in Romania
- the development of motoric abilities of the participants
- attention improvement

**Exercise/game description:**

Two persons are needed for the dance. They have to hear the music in order to feel the rhythm. The dance consists in 2 steps left and two steps right on rhythm. The two



persons have to hold their hands together in order to have a dance in pair. If they evolve rapidly other moves can be tried and the steps to right and left are made large and as rapidly as they can.

**Cultural/linguistic difficulties:**

- they weren't on the rhythm
- they were making very large steps, rare and less
- not all participants were able to make the steps

**Target group:** 9 persons with intellectual disabilities, with ages between 16 and 30 years old.

**Necessary materials:**music player, traditional Romanian music

**Working space:**indoor

## 35. *The dance of the penguin*

**Type:** cultural activity

**Duration:** 20 minutes

**Learning objectives:**

- motric abilities development and the dynamic
- intercultural - an emphasis on Romanian culture
- synchronization
- attention development

**Exercise/game description:**

The participants must be seated in row one in the back of the other and to put its' hands on the shoulders of the person

behind him/her except the first participant. With the right foot- 2 lateral moves and with left one another two lateral moves and after that jumps in both legs one in front and one in the back and another 3 time in the front.

**Cultural/linguistic difficulties:**

- no rhythm
- lesser jumps
- they weren't attentive
- linguistic difficulties

**Target group:** 9 persons with intellectual disabilities, with ages between 16 and 30 years old.

**Necessary materials:**music player, traditional Romanian music

**Working space:** indoor



## 36. *Footballby hand*

**Type:** game

**Duration:** 20 minutes

**Learning objectives:**

- motricabilities development and the dynamic
- attention development

**Exercise/game description:**

Participants are seated in circle and they spread their legs until they touch their colleague from the left and from the right. They have the possibility to choose the working hand. One and will be at the back and they can't play with both their hands. The ball won't be **Necessary** to pass through their legs because they will have to turn with their backs and play with their backs. If when they are with their backs the ball passed through their legs, the participant will be eliminated. The rhythm must be alert.

**Cultural/linguistic difficulties:**

- they couldn't respect the rhythm to pass on the ball
- they couldn't play with one ball
- they couldn't catch the ball

**Target group:** 9 persons with intellectual disabilities, with ages between 16 and 30 years old.

**Necessary materials:** a ball of small dimensions

**Working space:** indoor



## 37. *Creating earrings*

**Duration:** 30 - 45 minutes

**Learning objectives:**

- to develop manual skills
- to develop attention to details
- to stimulate creativity

**Exercise/game**

**description:**

The participants are



seated on a table and each receives beads and different accessories for the earrings. Initially a model of earring has to be made. And afterwards are certain steps. A number of 6 beads are introduced on the wire and a circle closed in a bond is made. Afterwards another bead is added, but of different color and is placed in the middle, forming with the others a flower. The surplus of wire is cut and a key is added to the flower.

**Cultural/linguistic difficulties:**

There were problems of communication because one of the social assistances didn't explain exactly the steps. They didn't seem attentive on explanations and couldn't concentrate on the task. The period of time was too large and the lack of communication attracted a lack of interest.

**Target group:**

9 persons with intellectual disabilities, with ages between 16 and 30 years old.

**Necessary materials:** Beads, scissors, pincers, wires, box

**Working space:** indoor, in a room with chairs and tables



## 38. *Trinkets/wallets from recycled materials*

**Type:** creation workshop

**Duration:** 45 minutes - 1 hour

**Learning objectives:**

- the introduction of the terms of reuse and recycle
- the creation of objects from materials that cannot be re-used
- manual skills

**Exercise/game description:**

The children received the **Necessary** materials, but before starting to work they were asked if they recognize the main product used- the box of milk/tea. They were explained that these objects must be recycled and can be re-used, they were shown the final result- a wallet made of a box of milk.

The children started working on the wallet by following the steps:

1. the superior and inferior part of the box are cut;
2. the entire surface is analyzed in order to form 2 lateral lines;
3. on the lateral lines created the box is re-formed in its' initial shape;

4. the box is crumpled in order to form 2 horizontal lines, at equal distances;
5. the upper part is cut in order to remain just with the cover of the wallet;
6. the textile colored bandage is glued on the margins of the wallet in order to cover the cut margins of the box but also for design;
7. the two inferior parts are stapled in order to unite the two pockets of the box;
8. the staple could be covered with a textile bandage;
9. in case we use a milk/tea box of 300 ml a black string is attached for the keys and you can also use a perforator.

**Cultural/linguistic difficulties:**

- a translator and assistance were needed
- participants didn't see the utility of the products

**Target group:**

9 persons with intellectual disabilities, with ages between 16 and 30 years old.

**Necessary materials:**

- milk boxes of 1 l
- milk/tea boxes of 300 ml
- textile bandage of different colors
- scissors
- stapler
- perforator
- a black string

**Working space:** indoor, a workshop with 2 doors for 6 and 7 persons

## 39. *Human basket throw*

**Type:** game

**Duration:** 20 minutes

**Learning objectives:**

- dynamic
- connecting with space

**Exercise/game description:**

The participants will be seated behind a line draw with a chalk, one behind the other. Another person will stay frontwards, keeping the hands to form a basket. That person needs to stay still for the others to throw the ball into the basket. Participants can try 3 times.

**Cultural/linguistic difficulties:**



Participants couldn't throw from the imposed distance and the person got closer or a closer line was draw.

**Target group:**

9 persons with intellectual disabilities, with ages between 16 and 30 years old.

**Necessary materials:**

- ball
- string or chalk

**Working space:**indoors

## 40. *Crescendo*

**Type:** dynamic game

**Duration:** 2 - 3 minutes

**Learning objectives:**

- to captivate the attention of the group

**Exercise/game description:**

The participants are seated in circle, also the facilitator. The last one starts to applaud. In 3-5 seconds, the participant in the right of the facilitator starts to applaud in the same rhythm. After another 3-5 seconds, starts the next one and continues in this manner, in reverse sense of clock. When the turn comes to the person who started, he stops from applauding and the rest of the participants stop on 3-5 seconds intervals.

**Cultural/linguistic difficulties:**

Because of linguistic differences and of the capacity of understanding and of concentration of the participants, they didn't understand that the applauds should be made on each ones' turn. The majority started or stopped when the facilitator giving the signal to start stopped or begun.

**Target group:**

9 persons with intellectual disabilities, with ages between 16 and 30 years old.

**Necessary materials:**N/A

**Working space:**indoor / outdoor

## 41. *Accendo*

**Type:** dynamic game

**Duration:** 2-3 minutes

**Learning objectives:**

- to captivate the attention of the participants
- to energize the participants

**Exercise/game description:**

The participants are sited in circle. The facilitator starts to clap its' hands on a certain rhythm and all the participants must follow his rhythm. After 10 seconds, the facilitator change the rhythm of the beats and the participants have to be attentive to rapidly change the rhythm of their applauds. The facilitator can change for 4 to 5 times the rhythm of the palm beats.

**Cultural/linguistic difficulties:**

Difficulties in maintaining their attention after they memorized the rhythm and changes appeared.

**Target group:**

9 persons with intellectual disabilities, with ages between 16 and 30 years old.

**Necessary materials:** N/A

**Working space:** indoor / outdoor

## 42. *Bicycle in pair*

**Type:** dynamic game

**Duration:** 5 - 10 minutes

**Learning objectives:**

- to develop motric abilities
- to energize the participants
- to develop the capacity of the participants to maintain equilibrium seated position,

**Exercise/game description:**

The participants are grouped in two and are seated in the seated position on the floor, staying face in face. They lift their legs by putting their feet one in another and they'll come to realize movements of bicycle in the mirror.

**Cultural/linguistic difficulties:**

Not all participants were able to remain in the seated position or to maintain their equilibrium.

**Target group:** 9 persons with intellectual disabilities, with ages between 16 and 30 years old.

**Necessary materials:** N/A

**Working space:** indoors



## 43. *Cube Building*

**Type:** game

**Duration:** 15 - 20 minutes

**Learning objectives:**

- to stimulate creativity
- attention

**Exercise/game description:**

Two wooden boxes of different shapes were used. The participants were divided in 2 teams, each receiving a wooden box. The pieces were put on 2 tables giving the participants the possibility to make different shapes from the medium known by the participants.

**Cultural/linguistic difficulties:**

The participants find it hard to concentrate. There were linguistic difficulties: the participants weren't able to understand the purpose of the game.

**Target group:** 9 persons with intellectual disabilities, with ages between 16 and 30 years old

**Necessary materials:** 2 wooden boxes of different shapes

**Working space:** indoors, chairs and two tables

## 44. *The "Brasoveanca" Dance*

**Type:** intercultural activity

**Duration:** 15 - 20 minutes

**Learning objectives:**

- learning the Romanian culture
- dynamic of the group
- coordination

**Exercise/game description:**

There are a few simple steps for this dance: two forwards and two backwards. The movement is repeated 4 times and follows two steps left and two steps right.

**Cultural/linguistic difficulties:**

- linguistic difficulties in understanding rules
- reduced attention
- couldn't respect the rhythm
- couldn't learn the dance



**Target group:** 9 persons with intellectual disabilities, with ages between 16 and 30 years old

**Necessary materials:** tape recorder and USB with songs

**Working space:** indoors, mirrors room

## 45. *Catch the ball*

**Type:** name game

**Duration:** 10 - 15 minute

**Learning objectives:**

- to retain the names of the others
- to develop coordination eye-hand
- to improve attention capacity

**Exercise/game description:**

The participants are seated in circle. The facilitator is also seated in the circle and holds a ball in his hand. He shouts the name of a person and he throws the ball. The called person catches the ball. On his turn he calls another person and throws the ball and the game continues. The rhythm must be quite alert and the participants need to be attentive when they are called in order to catch the ball.

**Cultural/linguistic difficulties:**

- in attracting the attention and interest of the participants
- reduced ability to catch the ball

**Target group:**

9 persons with intellectual disabilities, with ages between 16 and 30 years old

**Necessary materials:** a ball

**Working space:** indoor and outdoor

## 46. *The map of the world*

**Type:** intercultural game

**Duration:** 30 - 35 minutes

**Learning objectives:**

- to know the continents and their position
- to become familiar with the close medium

**Exercise/game description:**



The participants are seated around the map. The facilitator presents the map and the continents then each continent is associated with ticket with persons coming from that continent. After the explanation, the tickets are gathered, mixed and one is given to each participant to associate with his native continent. After finishing the cartoons with faces, both types are mixed up and are given to the participants to make the correct association.

**Cultural/linguistic difficulties:**

Explanations in their native languages are needed in this case.

**Target group:** 9 persons with intellectual disabilities, with ages between 16 and 30 years old

**Necessary materials:**

- a simple map of the world with colors countries
- tickets with the faces of people and animals specific to a certain continent, colored on the margins in the color of the concerned continent from the map

**Working space:** indoor and outdoor

## 47. *Clap-ergizer*

**Type:** dynamic game

**Duration:** 10- 15 minutes

**Learning objectives:**

- to energize the participants
- stretching for warming and flexibility

**Exercise/game description:**

The participants stay in circle. One person is seated in the middle in order to show the moves. Initially there is a hand clapping and afterwards the right hand is oriented upwards. After another clapping of the hand the left hand is oriented upwards. The same moves are made but the arms are laterally oriented. The last step is clap of palm followed by the stretching of hands in the same time towards right and left. It is really important that the arms are really stretched to assure a better flexibility.

**Cultural/linguistic difficulties:**

For a better understanding the steps were counted and also the moves of the hands. The children couldn't follow the moves because they were in circle and that person was face to face with the facilitator.

**Target group:** 9 persons with intellectual disabilities, with ages between 16 and 30 years old

**Necessary materials:** N/A

**Working space:** indoor



## 48. *Line Massage*

**Type:** trust game

**Duration:** 10- 15 minutes

**Learning objectives:**

- dynamic
- muscular tonus

**Exercise/game**

**description:**

The children sit back in back and they begin to massage their partners' back. They will go in indian-row and they'll continue the massage.

**Cultural/linguistic difficulties:**

They understood they have to make a row but instead of massage they put their hands on the back of the other. A translator was needed.

**Target group:** 9 persons with intellectual disabilities, with ages between 16 and 30 years old

**Necessary materials:** N/A

**Working space:** indoor



## 49. *Pass the ball to the left*

**Type:** dynamic game

**Duration:** 20 - 30 minutes

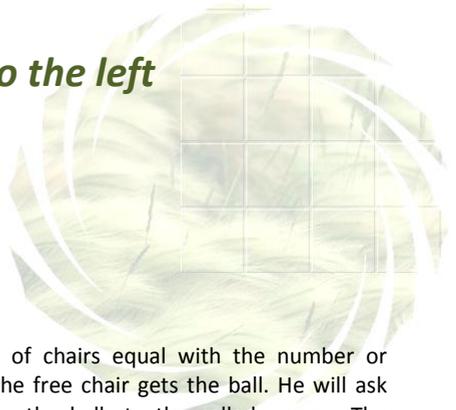
**Learning objectives:**

- dynamic of the group
- to develop coordination eye-hand
- to improve attention capacity

**Exercise/game description:**

The facilitator arranges in circle a number of chairs equal with the number or participants plus one. The participant with the free chair gets the ball. He will ask someone to sit on the free chair by passing the balls to the called person. The participant receiving the ball has to give it to the player from the left and then move on the free chair, liberating his own. The game goes on, accelerating successively the speed of throwing the ball.

**Cultural/linguistic difficulties:**



The children have weak coordination eye-hand.

It was hard for some to understand and distinguish between left and right and retain when they have to move

**Target group:** 9 persons with intellectual disabilities, with ages between 16 and 30 years old

**Necessary materials:** ball, chairs

**Working space:** indoor

## 50. *The stone bridge*

**Type:** dynamic game

**Duration:** 5 minutes

**Learning objectives:**

- dynamic of the group
- to develop the spirit of working in pairs

**Exercise/game description:**

The participants will be seated front in front on 2 rows in order

to form pairs. The participants catch their hands in pairs and keep them up to form a human bridge. Successively, the last pair passes under the bridge formed by the hands of the other pairs. It can be played with music and has to be alert. As the pairs pass under the bridge to right, the bridge moves to left to offer space to the new pairs.

**Cultural/linguistic difficulties:**

Difficulties in understanding the game and the rapidity of the moves for both physical and understanding reasons.

**Target group:**

9 persons with intellectual disabilities, with ages between 16 and 30 years old

**Necessary materials:** N/A

**Working space:** indoor, outdoor



## 51. Puzzle

**Type:** boarding game

**Duration:** 15 - 20 minutes

**Learning objectives:**

- to get used to animals from familiar mediums

**Exercise/game description:**

The participants must form a complete image with small ones.

They are in teams of 2-3 persons and each received a puzzle. They worked in team in order to reconstruct the puzzle image.

**Cultural/linguistic difficulties:**

Some of the participants lost their attention during the game and needed help during the game and they were offered assistance.

**Target group:**

9 persons with intellectual disabilities, with ages between 16 and 30 years old

**Necessary materials:**

- puzzles
- images

**Working space:**

indoor, with chairs and table



they

## 52. Sincrendo

**Type:** dynamic game

**Duration:** 10 - 15  
minute

**Learning objectives:**

- dynamic
- groupbuilder

**Exercise/game**

**description:**

The participants are seated in circle. They have to stay with the hands stretched laterally: the right backwards, the left upwards, both parallel with the floor. The participants formed a circle by touching their hands in this position. At the first step, they had the arms in the position described. At the second step, they changed their hands positions backwards. In this



palm  
one

way, the right hand is upwards and the left one downwards. At the third step they are clapping their palms. The game continues until a perfect synchronization is made.

**Cultural/linguistic difficulties:**

- the position of the hands was arranged and they numbered their steps
- because of synchronization problems, each facilitator made a group of 3 to work separately

**Target group:** 9 persons with intellectual disabilities, with ages between 16 and 30 years old

**Necessary materials:** N/A

**Working space:** indoor

## 53. *Juggling / Flowerstick*

**Type:** game

**Duration:** 10 minutes

**Learning objectives:**

- to develop coordination eye-hand
- to develop creativity
- to develop teaching learning in groups of equals

**Exercise/game description:**



Juggling with flower stick assumes using a light tool adapted with adherent material. The game is traditionally Amerindian. Each participant will have a set of flower stick. The instructor explains the main principles: equilibrium, invention, control. Technique is also explained. It starts with moves from 10-25 cm from the earth and can take between 3 and 15 days depending on each participant abilities. The next steps are induced by experimenting or discovered and the moves are called tricks.

**Cultural/linguistic difficulties:**

The explication of movements is almost impossible in the absence of spoken language. This is why exemplification is essential and simplification of the moves offers everyone the possibility to try.

**Target group:**

9 persons with intellectual disabilities, with ages between 16 and 30 years old

**Necessary materials:**

Flowerstick, player, rhythmicmusic

**Working space:** indoor

## 54. *The Mirror*

**Type:** game

**Duration:**5-15 minutes

**Learning objectives:**

- to develop the abilities of coordination and independence
- to stimulate team spirit
- to develop the abilities to work in team
- to develop relationship between participants and facilitators

**Exercise/game description:**

The participants are organized in teams. The facilitators explain the rules then exemplify the game. The pairs of players will receive roles before the start. One of the players will make simple moves on his own initiative and the other player will be his mirror. At a signal- a hand clapping- the roles will be reversed. The game ends when each of the players got the chance to execute different



moves on his own initiative.

**Cultural/linguistic difficulties:**

The game is excellent with ones having the Down syndrome. Even though the rules were carefully explained, difficulties appeared.

**Target group:**

9 persons with intellectual disabilities, with ages between 16 and 30 years old

**Necessary materials:**N/A

**Working space:** indoor

## 55. Sho-Tron

**Type:** game

**Duration:**45 minutes

**Learning objectives:**

- to develop motric capacities
- to improve self esteem

**Exercise/game description:**

A sho-tron is draw with the chalk on the asphalt or with adhesive colored tape in the playing room on the floor and it is numbered from 1 to 6.

The first player gets a metallic coin or little rock and throws it in the first space. If the coin doesn't stop there, the next player is on. If it stops in the space, the player will jump with both his feet in each space following the numbering. The exceptions are spaces 4 and 5 where the jump is made with spreader legs.

Once arrived in space number 6 the player jumps rotating 180 degrees with the face back to case number 1. The coin is recuperated from the bigger case. Once arrived to the starting point again, the player throws in the space with the next number and continues with the same rules.

**Cultural/linguistic difficulties:**None

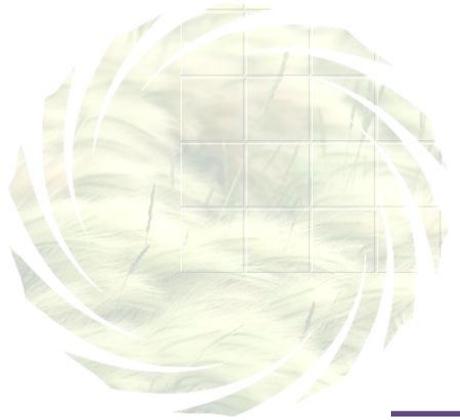
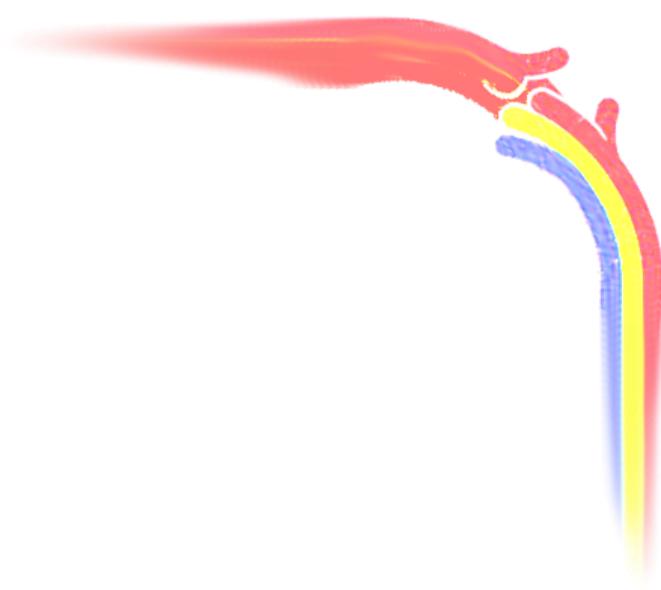
**Target group:**9 persons with intellectual disabilities, with ages between 16 and 30 years old

**Necessary materials:**Coloredtape/chalk

**Working space:** indoor / outdoor



# NOTES







## **Volunteers across Frontiers Team:**

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