

Fruit salad

Learning objectives

- Unblocking
- Encouraging group dynamics by creating a playful atmosphere and movement

Number of participants

12 and more, preferably a high number

Duration

20 minutes

Material

Flipchart; markers (various colours)

Description

The group sits in a circle. The team presents the poster, on which the different words are written, consistently with the chosen variant (don't forget the colour codes). The classic version is "fruit salad", with different fruits.

Everyone repeats the words. It is possible to involve the participants by asking them to read the words out loud in their mother language.

A word is assigned to each person. One person doesn't have a chair, and therefore is standing in the middle and wants to sit down. In order to do so, they call out a word (but not in their mother language) and all the persons to whom this word had been attributed must switch places. The person in the middle then tries to find a place. A new person finds themselves standing in the middle, which means it is their turn to call



Fruit salad

a word. When the expression „fruit salad“ is called, everyone must switch places. Watch out: it is forbidden to sit on the chair right next to the one you were sitting on.

To conclude the activity, the leader can intentionally let themselves be the one in the middle in order to get the attention of the group.

Variants

This activity can be facilitated with words other than names of fruits. For instance: the Respect Salad (thank you, my pleasure, enjoy your meal, etc.) or the names of tools during a work camp.

Observations

It is possible to start by playing in one language only, then to move on to the next, and only then to mix all languages. This should be adapted to the participants' language skills; it might be possible to mix the languages from the beginning.

Be aware of safety (slippery ground, falling chairs, etc.)

