HAPPY FACE

GOAL

- Unblocking
- Language acquisition
- Energizer/relaxation
- Stimulating curiosity

TARGET GROUP

13-99 y.o

NUMBER OF PARTICIPANTS

Any

DURATION

15 min

EQUIPMENT

A visual support document showing all parts of the face and their names written in the different languages, in different colours for each language

TECHNICALITIES

The screen must be shared. Also, after learning the words, it is best to send the words used in all languages to the chat so that participants can refer back to them if necessary. It is best for participants to have a camera and if possible be on the computer in grid view.

EXERCISE DESCRIPTION

The first step is to learn the different names for the parts of the face. A person with the corresponding mother tongue reads each word out loud and the participants repeat it. While the first two times the participants have their microphones on mute, the last time they repeat, they unmute so that everyone can be heard at the same time.

Once we have learned the necessary word, a volunteer is asked to name a face part in one of the languages, but not in their own mother tongue. After the face part has been named, the others from the group massage that area. The person then chooses the next participant to go, who again names a part of the face, and everyone massages that area, and so on.

This way, the participants massage their head, eyes, ears, cheeks, nose and mouth.

OTHER VERSION

Instead of all participants always massaging the same part of the face, only those called upon can respond, creating a massage chain, so to speak, one person at a time.

The massage and vocabulary can of course be extended to the whole body.