



MORNING RITUALS



GOAL

- Getting to know each other better
- Group building
- Introducing small phrases
- Unblocking the capacity to make mistakes with language

TARGET GROUP

All groups

DURATION

Varies depending on group size

NUMBER OF PARTICIPANTS

Any

TECHNICALITIES

Break out rooms, pin image

EQUIPMENT

No equipment needed

EXERCISE DESCRIPTION

We start by briefly introducing the concept of repeating phrases as a way to get familiar and more comfortable with the language. We will do that by teaching each other our morning rituals. One person will mime and describe their morning routine step by step, in their mother language; their partner will repeat both the movements and the sounds, even if they don't understand the words.

Step one is to divide the group in pairs, this is either done by the team beforehand and read to the group; or, if it is a more experienced group, you can ask people to pair up by themselves, but be aware this takes time. Remind the group they need to be paired up with someone who has a different mother tongue. If the group created their own pairs, be ready to note them down quickly, so you can send everybody in the correct break out room. It's much easier if different people in the team are responsible for different tasks, in this case if somebody other than the person leading the activity is making the breakout rooms.

Step two is to have the group practice all together and get more familiar with the activity. This is when you introduce the idea of pinning your partner's image so pairs can see only each other, and you give technical instructions on how to do it. This is useful to both get comfortable, and especially if you have a group bigger than one Zoom screen. You ask people to practice while muted, and to repeat each other's movements as persons show each other their morning routines. You can help them decide who goes first by saying that the person with less stuff in their Zoom screen starts. You give them 30 seconds to a minute each, then switch. After this, everybody goes back to gallery view.

Step three is to send each pair to a break out room, where they will repeat the exercise adding verbal language. Before this, the facilitator performs an example of the task with your team member, so the instructions become more clear and people can imagine what they are going to do in the break out rooms. It's important to underline that clear expression of short phrases is crucial, together with clear miming gestures, as we are not offering explanations. You remind them they will have 5 minutes each and that after 10 minutes they will come back and perform for the group. You say you will send them a reminder when the first 5 minutes are up. They should aim to repeat several times so they can remember some phrases but the performance is still led by one person in their mother tongue, just like when they practiced.

It can be very fun and useful to introduce the idea of singing the phrases and perform the example with a team member in that way too. Have in mind this might be challenging to some people so you can leave it optional. Make sure to repeat that phrases to be used are ones describing their morning routines and can vary from washing teeth to drinking coffee or any other action, and to not do much more than 5-6.

After 10 minutes, you bring the group back to the main room. You ask for a volunteer pair to perform and you choose how many pairs go, depending on the time and level of comfort of the group. While one pair shows their routines, the rest of the group should stay muted but loudly repeat the phrase and mimic the gesture to support the performing pair. You can also do it in a way that the whole group is unmuted, but in this case the performing pair must make bigger breaks between actions and it will take more time.

OTHER VERSION

If your group is experienced, you can skip the step where everyone practices on mute in the main room and send them directly to break-out rooms. You can also adapt the time you give them in the break-out rooms.