









The elephant

	<p><u>time frame:</u> 15'</p>
	<p><u>location:</u> a big room</p>
	<p><u>participants:</u> 6 – 20</p>
	<p><u>material:</u> -</p>
	<p><u>procedure:</u> The participants create a circle so as one is standing behind the other. The leader tells the story while he makes certain movements on the back of the person in front of him. The others watch and do the same which is in fact a relaxing message.</p> <p><i>"There was a big forest (Make circle movements with both hands on the back of the person in front)</i> <i>Full of trees (Draw vertically the palms. While the right is down, the left palm is up)</i> <i>Full of woodcutters who cut them down (Hit the back with the edge of both palms)</i> <i>The trees became trunks (Make circle movements with the thumb)</i> <i>Then an elephant came and stepped heavily on them (Hit with the fists)</i> <i>The police came and took him in the jail (Grab from the waist with both hands)</i> <i>The elephant writes a letter on the typewriter to his mother explaining what happened (Clack with the fingers)</i> <i>and inserts another sheet of paper (draw both hands on the back)</i> <i>and sticks a stamp on it (press with the thumbs)".</i></p> <p>The story starts from the beginning for at least one more time.</p>
	<p><u>goal / purpose:</u> To relax the participants and to entertain them.</p>
	<p><u>Questions for discussion:</u> -</p>
	<p><u>Source:</u> "Communication without violence", Nada Ignjatovic Savic</p>