

Activity 1: Counting up-Energiser - 9 m. –

Students' activity	Timing	Teacher's Actions	Students' Actions	Related to Session's ILO
1.	9 m.	<p>The goal is to count to 20 taking turns in a random order (or the number of members in the group.)</p> <p>The rule is only one person may say one number at a time.</p> <p>If two people speak at the same time, the group must start over at number 1. The group has succeeded when they have counted up to the set number at least once.</p>	<p>The group stands in a close huddled circle with their eyes closed. A variation is to have the group around a room, standing, sitting or lying down.</p> <p>In online session the eyes must be open.</p>	
Preparatory tasks for Students (if they needed):				
Teacher's preparatory actions:				
Notes:				

