

Hand to Hand Attunement

Objective:

This activity helps us explore the feeling of relying on another person to achieve something together. It is based on a task requiring participants to attune and synchronise with each other to hold an item up and move it around together without dropping it.

Session duration: 15 minutes

Materials:

Items of varying size to hold up between two people's hands or fingers, eg. a sports ball, or a pencil, or crayon, or a stick.

Lesson Outline & Activity Instructions

Divide into groups of two. This activity can also work with groups of three.

Participants are challenged to balance an item between themselves. If using a sports ball it might be between two hands each, if it is pencil or a stick it might be between a finger each. Once the pair have established a solid balance of the object, they can be encouraged to move the object around without dropping it. After the pair have accomplished this, they could try holding up two items between each of their hands or fingers. Following this they might have a go at moving their bodies around the space whilst continuing to hold the objects up. If they can accomplish this, they could try to jog together around the space without dropping the items.





Mid Activity Question:

As the activity progresses educators could ask the pairs if they can identify which of the pair is leading the movement, or if movement leadership is swapping between them? If one person has been leading the movement, play around with letting the other person have a go and see what that feels like.

Skill Extension:

For accomplished pairs, they could try sitting back to back on the floor together. Pairs are challenged to see if they can stand up together while continuing to be back to back.

Reflective Questions:

Groups might like to sit in a circle after the activity and reflect on the following questions:

What did it feel like to balance your item between you and move it around?

What did it feel like having to count on each other to make it work?

Can you think of other activities in your life when you have to count on others to achieve something?

What is that like for you?

Scrapbook Evidence:

Teachers could take photos of the children undertaking the activity for display in their scrapbooks.