



Method Sheet

Title of the activity

Human Wheel

Duration

40-50 minutes

Participants

8-12 participants. If you have more than 12 participants you can split them into smaller groups.

This activity is not suitable for participants who aren't permitted to lift weights for any reason (steps 2 and 4).

Activity proposed by

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Method Sheet

Human Wheel

This is a nice, fun way for participants to get comfortable with each other, and to build trust in the group.

Aims

Practicing body control, finding a common rhythm as a group, accepting, and being accepted. Working with our senses. The last step (4) requires group members to already feel comfortable with each other.

Material

A wooden or dance floor would be ideal. In any case avoid a very hard floor.

Preparation

A clean floor makes participants feel more comfortable. Music according to your taste but not very loud so members can communicate easily if needed.

Evaluation method

Lots of laughing and connection between them, especially during steps 2,3 and 4.

Nobody expects this sequence from steps 1 to 2 and 3 to 4 so every step is a nice surprise for them.

Steps/Instructions

1. One by one the participants lie face down at one end of the classroom. They start rolling towards the other end of the classroom with their whole body like a barrel (arms bent at the elbows, hands under the chin, or however is comfortable for them). Ensure there's enough time between them so they don't crash into each other. The rhythm of the barrel is chosen by each participant (fast or slow) Everyone should do this at least twice.

5 - 8 minutes

2. This time the work is in pairs. Two participants lie face down, shoulders in line with each other. One rolls over the body of the other back-to-back, then they swap roles and continue. They keep going in one direction (from one end of the classroom to the other).

10 - 15 minutes

3. Do the same as in step one but this time the whole group lies face down next to each other. Their shoulders should be in line. Start rolling together in the same direction and try to find a common rhythm as 'wheels'.

10 minutes.

4. Continue step 3 but now one of the participants lies vertically across the backs of the rest of the group. They must now transfer their weight from the beginning to the end of the 'wheel'. The participant who is on the top should be relaxed so they can enjoy the ride. The 'wheels' should roll with arms outstretched and continue to find the group rhythm keeping in mind that they are transferring a body. Every participant tries the top position and is transferred by the "wheels".

Hints/tips for facilitators

- Steps two and four are not recommended for new groups because it is a fairly advanced activity and participants should already feel comfortable with each other.
- You can work with the steps individually in previous sessions so that participants are comfortable before putting them together as one activity.
- Every step should be completed competently before moving to the next one.
- It is important for participants to understand that they need to release their weight onto the others in order to do this activity. If they are tense, it doesn't help the others.
- It is also important that participants enjoy the entire process and don't feel uneasy in any way.
- The facilitator should constantly monitor everyone's reactions and ensure their safety.

Variations

If you have a group that can do the 'wheels' but cannot accept weight you can use an object (that's not heavy but stable) like a long pillow.

If you have two or three groups of 4-5 participants, you can transfer an object from the one team to the other.

You can do this exercise with the eyes closed if you want to make it more challenging.



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