

ACTIVITY IDEA WITH 1, 2, 3 Redlight

This workshop aims not only to promote physical activity but also to develop children's listening skills and responsiveness, while having fun in a structured and interactive setting.



Explanations and warm-up:

Start with an explanation of the rules to warm them up, encouraging them to move freely and become familiar with the idea of stopping suddenly when the music stops.

The game :

Start the party and let the children dance freely. When the music stops, all the children must stand still like statues. The facilitators then observe the children and select those who have managed to remain completely still.

Those who move are gently eliminated from the round but can encourage their friends.

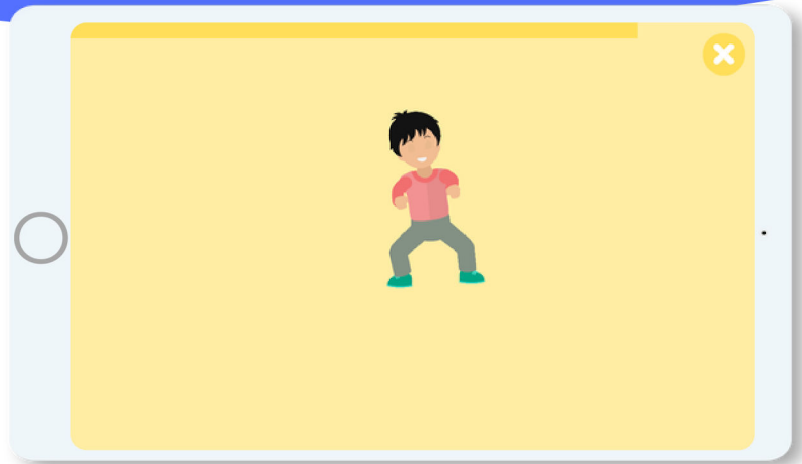
Game variations:

For example, ask children to pose like specific statues (animals, cartoon characters, etc.).

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Finale :

The last children remaining in the game can be considered the winners of the round.

You can have multiple rounds to allow all the children to play multiple times.

Vote or Reward:

At the end of all rounds, you can either hold a vote for the "best statue" of the day, or give small rewards or certificates of participation to all the children to encourage them.

Conclusion :

End the workshop with a final free round dance for all children, including those who were eliminated earlier, to end on a positive and inclusive note. Briefly discuss with the children what they liked about the game and what they would like to do in the next workshop.