

# Tree in the wind

RENFORCEMENT DE LA COHÉSION SOCIALE

par BSF



PUBLIC



PARTICIPANTS



ANIMATEURS



NIVEAU



PRÉPARATION



ACTIVITÉ

## Description

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Imagination, creativity, communication

## Objectifs

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To feel a sense of calm  
To energize and engage through physical activity

## Matériel

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Space

## Contenus utilisés

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## WORKFLOW

1

### Implementation

Have the students stand with both arms out, feet placed wide apart, and knees slightly bent.

Provide these instructions: you are a tree, close your eyes, I will tell a story and you have to move slowly, as if the wind is blowing through the trees, according to the story.

For example, when the weather is calm, you should wave your arms, slowly, from side to side and back and forth like a tree in the wind.

Have the participants close their eyes and take a few deep breaths. The facilitator will start a story: "The trees are close to the sea, the weather is calm, they feel the wind in their branches, a little bird comes to rest, it begins to peck the branch..."

After five to ten minutes, ask the participants to open their eyes. Ask them to take a few deep breaths and put down their arms.

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### Steps to continue

Debrief the game after finishing this activity.

Encourage feedback on the activity from the participants. For example, ask the participants: How they feel? Is there any difference they can feel between when they started the activity and after the activity? Etc.

End with showing gratitude for their cooperation.