

# ADDITIONAL TOOLS



In the following pages, we will introduce warm-ups, energizers, and teambuilding activities. With ten years of experience working on various musical youth projects, we had a chance to use all the different tools. We adjusted some of them by adding a little bit of musical twist.

The purpose of energizers and warm-ups is to make participants more active and alert but to mentally and physically prepare them for upcoming tasks too. On the other hand, teambuilding activities aim to create trust and make people more comfortable around each other and thus more motivated to work together.



**TOPIC**

Team building empowering creativity

**DURATION**

120 - 180 min

**GROUP SIZE**

Small groups of 10 - 15 people

**OVERVIEW**

Slavas kitchen was developed during training for the project "Music for human rights". Idea was to create an activity, which works as team-building and at the same time as an introduction to the music project. The activity takes participants out of their boxes and their comfort zone.

**THE AIM OF THE TOOL**

Motivate participants to cooperate creatively.

To take them out of their musical boxes, the meaning, that they should forget for a moment their own instruments and find out that there are always other opportunities.

To investigate, try out, and discuss in a common process.

**PREPARATION**

It is not a lot of preparation needed. Just to take care, that project environment is not too clean and you have permission to use stuff that is laying around.

**MATERIALS**

No special material is needed. Everything you find in your surroundings could be used (buckets, glasses, bottles, pipes...) Original idea was to use everything you find in the kitchen, but also other surroundings are suitable.

**INSTRUCTIONS:****1. Introduce the activity:**

1.1 Make a small story around (i.e. you lost all instruments but need to perform tonight)

1.2 Explain to them that many tools and devices can create tones, sometimes you can modify tones (change the length of pipes, touch things in different areas, sing saw), sometimes you can use different devices to create different tones (differently filled glasses or bottles, cut woods). Or things can be used to make percussion (washboard, suitcase, forks, pots, buckets...)

1.3 If you have a beamer available you can show samples.

1.4 Ask the group for further examples

1.5 Give a time frame, and tell that it will be presented to the big group after.

1.6 Provide rules: no music instruments, forbidden area (to agree with the host)

1.7 The time frame is 90 to 120 minutes

## 2. Start the activity!

Maybe you need to support the beginning of the process of discussion.

## 3. Collect participants and ask them to present their results.

### 4. Debriefing

4.1 How was the discussion?

4.2 Did they have many ideas?

4.3 How hard was it to implement ideas?

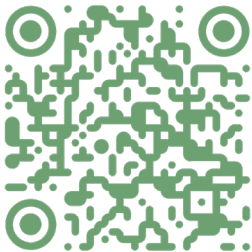
4.4 Did it help to cooperate better?

4.5 Something they can use for future music creativity?

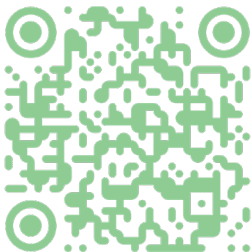
### TIPS & TRICKS:

- Help to overcome the perplexity! Give examples!

- Youtube example n.1 :



- Youtube example n.2:





## TOPIC

Get to know each other

## DURATION

30 - 60 min

## GROUP SIZE

20 - 50 people

## OVERVIEW

The participants interact with each other with a bingo slip in hand to find out to whom the statements on the bingo slip apply. The first person to correctly match all the people wins.

## THE AIM OF THE TOOL

Main goal:

The participants get to know each other better. They memorize the names of the participants and learn specific details about them. In addition, the game is great for breaking the initial shyness.

## PREPARATION

Human Bingo Slip printed for each participant should be prepared in advance.

Each Slip should have a matching number of statements. The number of statements depends on the number of participants (one statement, one statement).

## MATERIALS

Human Bingo Slip printed for each participant, pens or pencils, the prize for the winner (perhaps something that can be shared among all participants).

## INSTRUCTIONS:

**Setup:** Participants are sitting or standing in the circle.

### 1. Game rules

1.1. Explain the objective of the game and the rules:

Each participant will get one bingo slip with 40 statements (In the case of 40 Participants. The number can vary depending on the number of participants.).

The winner is the first one to collect signatures for all the listed statements and shout "BINGO!"

Participants should freely wander around the room and ask for signatures from other participants.

How to collect signatures:

For each statement participants should find a fitting person and ask for a signature. Take care that each person can give you only one or two signatures per one Bingo slip.

A statement may fit more than one person, but one person fits only one or two statements. But no more than two!

## 2. Start the Human bingo

- 2.1. Give the Bingo slips to each participant.
- 2.2. Give a sign to start the game by saying "Start"!
- 2.3. During the game take care of the rules.

## 3. Ending the game

- 3.1. The game ends when someone shouts "BINGO!"
- 3.2. Each time when someone shouts "Bingo" we need to check if all the signatures are correct. How to do that?

Check each statement one by one. Do it in an entertaining style. For example, if someone signed the statement that they know to sing, ask them to demonstrate to validate the signature. It wouldn't be possible to do this for all of the statements and signatures, but for the ones that can be demonstrated, ask for that.

If the statement is true, feel free to ask for background and specifics. This can be a nice way for participants to get to know each other better.

In case a mistake appears, continue the game.

In case the Bingo is complete, give the winner the honour and applause!

## TIPS & TRICKS:

- TIP: Don't make it too easy!
- Be sure that participants understand what their task is before they start.
- Take your time to explain it and make it as entertaining and informative as possible.
- After the game is a good moment for informal interaction. So can be placed before a break.
- Take care that you have one statement for each participant. However, one statement may describe more than one participant.

## BINGO:

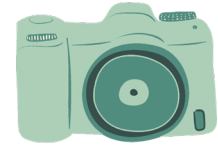
This is Bingo. Please take the paper and find to each question a fitting Person. Remark, no person should appear more than twice in your paper! Maybe a question fits only to you. Find...

Someone who joined the project more than 5 times	Someone who likes pineapple on pizza	Someone who knows martial arts
Someone who met a celebrity	Someone who loves roller coasters	Someone who attended a concert this year. Which?
Someone who never got the Evil C	Someone with same birth month as you	Someone who collects something. What?

## HUMAN BINGO



Someone who has a nickname	Someone who visited 3+ continents	Someone who plays didgeridoo.
Someone who worked on a cruise ship.	Someone who drinks 3+ cups coffee a day	Someone who don't like coffee
Someone who don't like chocolate	Someone who works in electronics	Someone who saw more than 5 videos done during MFHR
Someone who is videographer	Someone who is rapping	Someone who plays more than 3 instruments
Someone who lives in a village / Country side	Someone who was in MFHR media team before	Someone who is or was in European Solidarity Corps
Someone who plays Akkordeon	Someone who plays in at least two bands	Someone who passed 2 borders to reach airport.
Someone who plays Trumpet	Someone who plays Saxophone	Someone who plays Flute
Someone who plays Violins	Someone who plays Drums	Someone who has older sibling(s)
Someone who has younger sibling(s)	Someone who has more than two siblings	Someone who used to be history teacher
Someone who never touched a weapon	Someone who was born in the city where he currently lives	Someone who has lived in more than 2 countries

**TOPIC****Teambuilding****DURATION**

During an entire length of the event/project/activity

**GROUP SIZE**

Suitable for any group size

**OVERVIEW**

Each participant has the task until the end of the event to prove to another participant, at least once a day, that he is the biggest fan.

**THE AIM OF THE TOOL**

The goal is to create a positive and cooperative atmosphere during the event, promote getting to know each other, and bring the group closer together.

**PREPARATION**

On the first day of the event, raffle tickets with the names of all participants will be made and put into a bag, bowl, or something similar. A table with materials (posters, markers, glue, paper, construction paper, etc) will be provided for implementation during the overall activity.

**MATERIALS**

Raffle tickets with names, posters, markers, glue, paper, construction paper.

**INSTRUCTIONS:**

**Setup: Participants are sitting or standing in the circle.**

1. Explain the rules:

Introduce the activity with a little bit of storytelling:

"Every musician needs a fan. A fan who shows his love by doing favours, sending fan letters, asking for autographs, taking pictures and displaying them. Sometimes fans also start giving small gifts. Or they start stalking their idol and collecting information and making them into a poster. All this is the task of the participants.

But be careful, the activity is called Secret Fan for a reason. All the love-making and stalking activities should be done in secret. So try to hide when the posters are made. Hide the small gifts and crafts so that they will be found, but you will not be caught. With all the fan love, don't spend too much money! Rather, use the materials and let your creativity run wild. The table with the materials is always ready for you. The activity starts after everyone has drawn their raffle ticket.

2. Provide the raffle ticket with the names to the participants.

3. Start the Game!



4. Throughout the activity, until the end of the project, participants should be reminded of the game daily.

5. One by one, each player is blindfolded and placed on a chair in the centre of the room. Now do her/him her secret friend one last time. Now he or she can guess who it is. The secret is revealed.

### TIPS & TRICKS:

- You can also combine the game with a small competition. Whoever is the best fan, i.e. has made the most beautiful gifts and the most creative posters, will get a prize
- There can also be a small exhibition of the posters and crafts
- The facilitator may take part as well - It is the best way to be a good example!



## NAME AND RYTHM



<b>TOPIC</b>	Knowing each other
<b>DURATION</b>	30 min
<b>GROUP SIZE</b>	15 - 50 people
<b>OVERVIEW</b>	This is a name game in which participants should remember each others' names by connecting the names with the rhythm.
<b>THE AIM OF THE TOOL</b>	The aim of the activity is to learn the names of each other.
<b>PREPARATION</b>	No preparation is needed

### INSTRUCTIONS:

1. Participants are standing in a circle.
2. Each participant should tell their name and make a sound, lasting just a few seconds. The sound should be a short rhythm or melody.
3. The first one starts with saying their own name and making the sound.
4. The second one is repeating the name and the sound of the first one and adding their own.
5. The third one is repeating the first and second names and the sounds and adding their own.
6. The same logic repeats until the last person in the circle.

### TIPS & TRICKS:

- It's okay for the group to help if some of the participants need it.
- You can simplify this activity, i.e. if the group is quite big - instead of the sound use a gesture that represents their favourite instrument.



<b>TOPIC</b>	Get to know each other, energizer
<b>DURATION</b>	15 - 30 min
<b>GROUP SIZE</b>	20 - 50 people
<b>OVERVIEW</b>	Game with singing and dancing
<b>THE AIM OF THE TOOL</b>	This game aims to increase energy and alertness and prepare the group for the next activity. At the same time, to make participants more comfortable interacting with each other.
<b>PREPARATION</b>	Optional: You can explore the history of the song and the origin of the verses „Do you know the Muffin Man, the Muffin Man, the Muffin Man? Do you know the Muffin Man who lives on Drury Lane?“ and tell it to the participants.

## INSTRUCTIONS:

**Setup: Participants are standing in the circle.**

This activity has a few very simple steps:

1. Ask if everyone knows the Muffin Man game. (If somebody knows, they may help you explain to the other participants.)
2. All participants stand in a circle, and one is in the center. (You can ask for a volunteer.)
3. The one in the center starts the game by singing the lyrics following lyrics while walking in a circle:

**“Do you know the Muffin Man, the Muffin Man, the Muffin Man?  
Do you know the Muffin Man who lives on Drury Lane?”**

4. When the singing is over the central participant who sang it chooses one person from the circle who continues the song with these words:

**“Yes, I know the Muffin Man,  
the Muffin Man, the Muffin Man.  
Yes, I know the Muffin Man  
who lives on Drury Lane.”**

5. Now it is two of them.

They both start the next cycle by going in a circle independently of each other next to the other participants and repeating the verse:

**“Do you know the Muffin Man,  
the Muffin Man, the Muffin Man?  
Do you know the Muffin Man  
who lives on Drury Lane?”**

6. At the end of the verse, they choose two new participants who match them with the verse:

“Yes, I know the Muffin Man, the Muffin Man, the Muffin Man.

Yes, I know the Muffin Man who lives on Drury Lane.”

Now there are 4 people in the middle of the circle.

7. The four of them continue the game according to the same pattern (independently of each other), then eight of them, and so on until all participants are selected.

### TIPS & TRICKS:

- Make sure everyone is selected by the end of the game
- If you have enough time you can repeat the whole activity (depends also on the atmosphere/ mood of the group)
- You can explore the history of the song and the game Maffin Man and tell it to the participants. It's a funny story!

