

Bonus Activity:

Music Chairs

This activity teaches children how to cooperate with each other to solve problems.

Description

- First play the traditional chair game where at the end of each round a chair is taken away and the person standing leaves the game.

Next Step:

- Instead of chairs, place mattresses so that children can sit on them.
- The goal is for children to share their mattress with someone else every time, so that no one is excluded.
- Remove a mattress at a time.
- As a result, in the end everyone is sitting on one mattress.

Discussion questions

Reflect

How did you feel in the first game? How did you feel in the second game? What was the difference?

Connect

How did you solve the problem in the second game? What do you think about this solution?

Apply

Where else do you think you can use this solution? Do you think it is important for our daily lives?

Facilitation notes

Ask the children to recommend a traditional song from their home country as background music. Each player experiences firstly the original version of the game (exclusion) and then that changes, turning the game into inclusion. Asking them to reflect which version was funnier, we make a brief reference to the value of inclusion instead of exclusion, to the importance of cooperation and sharing.

Number of Teachers or Coaches	1
Number of Students or Athletes	12-15
Typical Age Group	10+
Time Needed	20 min
Space Needed	Playground, Sportshall
Materials Needed	Chairs Audio player
Activity Objective	The understanding of the value of collective goals through collaboration, towards the individual.
Related Units	Unit 1&2
Related Learning Competences	Cooperation, self-determination, self-assessment