

United Jump

The Purpose of the Activity

To create a joint focus. Students need to have a good sense of each other to succeed.

Description

- All students stand close together in a circle - it is important that they stand shoulder to shoulder so that they touch each other.
- With closed eyes, everyone must now jointly coordinate the jump so that everyone jumps at the same time. It's important that no one says anything or tries to control the jump.
- Try several times until joint attention is obtained.



Practicalities

- **Time consumption:** About 5 minutes.
- **Requirements:** The activity demands that all student can stand up together in a circle.
- **Preparation:** None.

Tip!

Bend the knees to make it easier to coordinate the jump.

If there is not enough space in the classroom, you can do the jump in the hallway or outside.