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## Fun and Games Session

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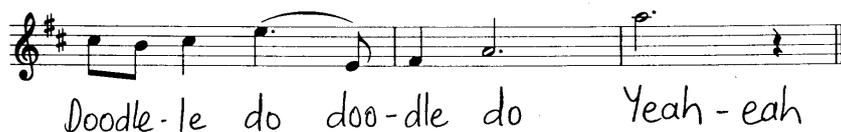
*[Submitted Paper]*

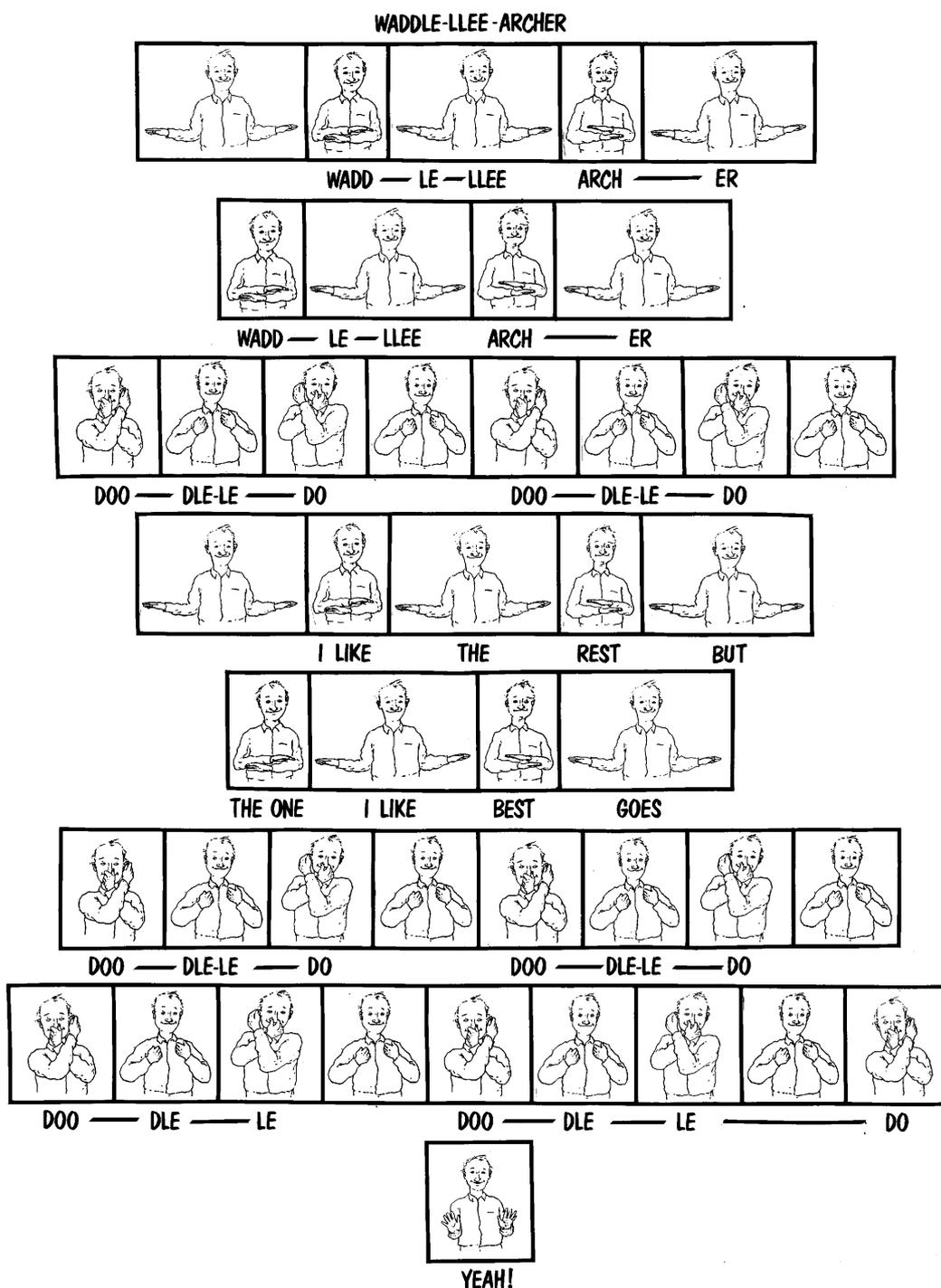
Inspired by an (over) abundance of slide and talk sessions Robin Clayfield and Eugenio Gras found themselves outside one morning planning a fun hour for people who needed a bit more physical activity. The following processes were used. Most of the descriptions of the games and the pictures are taken from *The Manual For Teaching Permaculture Creatively* by Earthcare Education ( Robin Clayfield and Skye).

### Waddlee-Ilee-Archer

(This one comes from Brendan O'Hara's book and cassette "The Children's Song Book". Brendan originally learnt it from a ten year old girl in Sydney, it originates from the Girl Guides) This is a song/activity that encourages left/right brain integration and is an effective coordination exercise. It does not really matter which side you start with as long as the next action alternates. This one can be done with everyone standing in a circle.

Anon. Arra. Brendan O'Hara 1991





## Knots

- Everyone stands in a tight circle, shoulders almost touching (in larger groups form a few circles – 8 to 16 per circle seems to work well).
- Both hands are raised in the air.

- On the signal all reach into the centre and take a hand in each hand but not the hand of an immediate neighbour, nor can anyone be holding both hands of another individual.
- Now unravel that!

Often groups can get out to a circle (with inevitably a few people facing outwards), but sometimes we have ended with two or three interlocked circles and other times the knot is simply insoluble but fun trying! (For these insoluble knots tell everyone to quickly let go hands, throw hands in air and shout Aaarh!)



## Car Car

(This is a great game to watch.)

- Everyone pairs off.
- One person becomes the "car" with eyes closed and hands in front of their chest, open palms outward (bumpers up) while the other is the "driver" who steers and directs the "car" around the room **WITHOUT TALKING** although appropriate noises are allowed (acceleration, gear changes, tyres squealing).
- After a few minutes everyone changes roles.



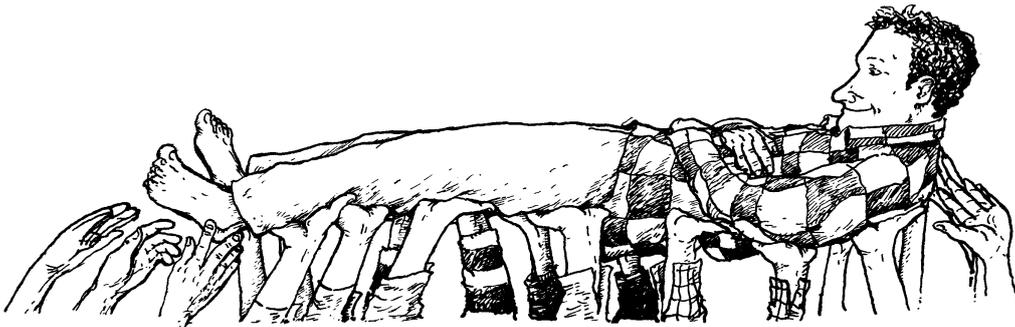
- Ensure that all drivers are instructed that the aim is **NOT** to crash into others cars near misses are permitted!

Blind-folds are handy for this one.

### **Body passing**

- Everyone lies down with their heads close together, with alternate people laying in opposite directions (so heads are in a straight line, but bodies alternating left and right)
- Arms held straight up in the air.
- First person lays down over hands of people at the end of the line (may need some help from facilitator to get into position).
- They are slowly passed down the line by each person.
- At the end of the line they take up position so the next person from the other end can have a turn.

This is very much a trust activity and it helps to explain to people to be gentle.



### **Blind noises**

- Everyone pairs off.
- One person is blind folded (or eyes closed) while the other chooses a distinct sound as their own 'call'.
- They share the noise with their partner and then move around making that noise.
- Their blindfolded partner follows the sound in amongst many other sounds and bodies to dodge.

### **Clapping rhythm**

Words can not really give justice to this activity. It really has to be seen and experienced to be fully appreciated.

Even numbers are important for this game.

- Everyone stands in a circle and learns the rhythm and clapping actions.
- Like a 'round' every second person starts the game and when they are half way through the other half start.
- The nature of the clapping is such that people clap their neighbours hand at one point then two people simultaneously who are on the other side to their neighbours then the next moment they clap with their other neighbour. It can get very fast and trancelike if everyone is confident with the pattern.