



APPLE, ORANGE, BANANA

Participants

Any number of participants.

Time Allotment

5+ Minutes

Activity Level

Low

Materials

No materials required

Method

- Have participants for circles of 4-6 people. Facing inwards the participants should link hands by holding hands or touching palms with arms outstretched.
- The facilitator will assign movements to the three fruits- Apple, Orange, or Banana.
 - Examples #1: Apple- everyone jump forward, Orange- everyone jumps backward, Banana- everyone turns 180 degrees.
 - Example #2: Apple- everyone turns 180 degrees counterclockwise, Orange- Everyone turns 180 degrees clockwise, Banana- Everyone takes one step left.
- You can use whatever movements make the game fun and challenging.
- The facilitator will call out the fruit names and the participants will need to perform the movement that is assigned to the fruit name.
- The goal is to get the participants working together and laughing about their mistakes when they mess up a command.

Coaching Tip(s)

- Closely watch the participants and gauge regulation needs based on the level of dysregulation observed. If the game is getting too dysregulated then lead the participants in a regulation technique.