

TEAMUP AT HOME



Gather everyone together with your special TeamUp yell and greet each other with an elbow bump. Show everyone else taking part how you're feeling: thumbs up, thumbs down or in the middle. Start off with giving each other a compliment or thanking them for joining.



What is extra important these days? Washing your hands, of course!



For this exercise you could play a relaxing song. Find a spot in the room or stand in a circle. Shake your body loose. Relax and carefully roll your neck, loosen your fingers, hands and arms. Roll your shoulders, slowly twist your ankles, and bend your legs and knees. Make circles with your hips. Then slowly settle down. When you're ready, try to focus on your body. How does your body feel today?



Take a towel and put it in the side of your trousers, at the side of your body. Next, find some room to stand opposite from your TeamUp buddy - at an arm's length. Put your feet flat on the floor and stand still. Now, count to three and try to take your buddy's towel. Whoever is able to steal the other person's towel gets one point. After two points you can try something new. For example, this time you won't stand still, but move around in the space, with your feet on the ground to make the game more challenging.

Context This game can help children better deal with conflict situations. During the exercise, one needs to defend their towel tail, hence protecting themselves while trying to steal the tower tail of the other, moving in different ways. Still, they have to be aware of each other. They may or may not seek physical contact and set boundaries. How do they deal with this?



Create a calm atmosphere with a soothing song of your choice. Try to do this exercise in silence. Stand face-to-face with your buddy. Stand firmly with your feet on the floor and relax your legs and knees. Extend your arms and hands, but do not touch each other. Make movements with your hand and arms. Follow your buddy's movements as precisely as possible, as if you were his or her mirror image. You switch the role of leader and follower after a couple of minutes.

Context This exercise revolves around listening without talking, attuning yourself to the other person and learning to share leadership.



Find some open space in the room, garden or on the balcony. Everybody raises and shakes their right hand while counting to eight. Next, all participants do the same but with their left arm, right leg, left leg and back. Continue the same routine, but now in four counts, in two and lastly in one beat.

Context This game is great way to quickly boost energy levels.



Together with your TeamUp at Home buddies, agree on a start-point and end-point in the room, the garden or on the balcony. One person is appointed 'Ann-Mary Cuckoo'. Ann-Mary Cuckoo closed their eyes. The rest has to wait at the starting point, until Ann-Mary Cuckoo starts to say the words: "Ann....Maryyy.... Cuckoo!" While Ann-Mary Cuckoo's voice sounds, everyone tries to make their way to the finish as quickly as possible. However, they're only allowed to move when Ann-Mary Cuckoo is speaking. Once he or she stops talking, Ann-Mary Cuckoo will quickly remove his or her hands from their face. Those caught moving need to make their way back to the starting point. No discussion, Ann-Mary Cuckoo is in charge! The goal is to slowly but surely make your way to the finish and gently tap Ann-Mary Cuckoo on the shoulder. Whoever reaches Ann-Mary Cuckoo first will become the new Ann-Mary Cuckoo.

Context This exercise revolves around listening without talking, attuning yourself to the other and learning to share leadership.



If you want to, choose and play a calm, relaxing song. Everyone stands at least an arm's length apart. Now, everyone stands on the tips of their toes while stretching their arms as high as possible: standing tall like trees. Next, everybody kneels, hugs their knees and places their chin on their chest: tiny like mice. Thereafter, all extend their arms and legs as wide as possible: like a giant starfish. Hold each position for six to eight counts.

Context The cool-down helps everybody prepare the transition to a different, calmer setting. It allows your body to settle down. Your heart rate will go back to normal and you will start to feel relaxed. Also, this exercise will improve your flexibility and breathing.



Sit down, make yourself comfortable and slowly breathe in and out. Tell the others which game you liked the most and why, or let them guess first. Don't forget to thank each other. And last but not least, don't forget to wash your hands again. Thank you for participating in TeamUp at Home!



Once you've finished your TeamUp at Home routine, it is time to take a rest. Sit back and relax, drink a cup of tea, juice or water. Do you feel re-energized?