



## Sea and Land Stimulation Method

## DEFINITION OR PRESENTATION OF THE METHOD

The participants stand next to each other in a straight line and will have to move from one world (land or sea) to the other following the instructions of the trainer.

## **HOW TO USE**

This method is used for training in animation.

## THE PROCESS (THE STEPS, THE PROCEDURE AND THE ROLE OF EACH)

	STEP 01	STEP 02
OBJECTIVE	Form a line and differentiate two spaces	Play
DURATION	10 min	20 min
ROLE OF EVERYONE	The trainer explains the 2 territories and the participants take their places in a line: (1) either two groups facing each other and lined up at least one meter apart and each with a line in front of them, (2) Or all lined up on the same side.	
CAUTIONARY NOTE OR POINT OF ATTENTION		As soon as I say land, everyone goes to the land side, as soon as I say sea, everyone goes to the sea side.
THE NECESSARY TOOLS/SUPPORTS	A chalk to draw the line on the ground	

**Objective:** A method to relax the atmosphere and to have fun.

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