



**WORKSHOP**  
for the SOCIAL TRANSFORMATION

## The bravo game - a method of stimulation

The bravo game is an exercise in rhythmic movement and singing to re-energize the participants of a training session and then resume the training with everyone's attention.

## How to use

This method can be used for any type of training. The idea is to energize the participants in a training session at a time when attention is waning or at the start of a session, after lunch or in the middle of the afternoon.

The process (the steps, the sequence and the role of each)

	<b>Step 1</b>	<b>Step 2</b>
<b>Objective</b>	Set up the « game »	Follow the trainer's gestures and singing
<b>Duration</b>	5 min	15 min
<b>Role of each person</b>	The facilitator invites the participants to join him/her in the middle of the space and form a circle	The facilitator invites the participants to do exactly as he/she does
<b>Instruction or point of attention</b>	form a circle	1) clap your hands and say: bra-bra-bra-bravo. Clap your hands for each syllable.  2) Tap one foot for each syllable spoken  3) Tap with the other foot for each syllable spoken  4) Jump with both feet for each syllable spoken
<b>The tools/supports needed</b>	no particular tool	

**Objectives:** To energize and re-energize the participants of a training session and to resume the module afterwards with the attention of all.

**Practical use:** this method can be used when attention is waning in the group during training or at the beginning of a session.

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Author : **MPP**

