

## 1

**CATEGORY**

vocal  
rhythmic  
instrumental

**AGE**

10+

**NUMBER  
OF PARTICIPANTS**

5+

**DURATION**

approx. 10 min.

**WORKING METHOD**

- group work

**MUSICAL ABILITIES  
OF THE TRAINERS**

1 2 3 4 5 6

**EQUIPMENT  
AND INSTRUMENTS**

- optional: any type of instrument

**COMPETENCES**

- attention
- concentration
- creativity
- cooperation
- quick reaction
- team cohesion

# Stop-walk

*A general warm-up exercise that can also use musical sounds as a command in a more creative form.*

**AIM**

A general movement exercise in which musical commands can be used to direct group members. This is a useful team-building game, icebreaker, in which the participants can get to know music in a new aspect.

**DESCRIPTION**

The participants are placed randomly in the space. At the leader's command, the participants perform certain activities:

„WALK“ - to go  
„STOP“ - to stop

Then you have to do the opposite:

„WALK“ - to stop  
„STOP“ - to go

You can even go back to the original version so that they understand it literally, and you can change it several times.

You can expand the command words:

„JUMP“ - to jump  
„SQUAT“ - to squat  
and so on

With these expanded activities, you can also play the opposite, you just have to discuss exactly what each one means.

**LEVEL UP!**

Match each command word to general sound effects or music. These can be imitations of animal sounds, car sounds, ringtones, different rhythms clapped, and of course they can also be musical - e.g. if there are instruments or vocals, the high-low sounds can be given meaning.

