

## 3

## CATEGORY

vocal

## AGE

15+

NUMBER  
OF PARTICIPANTS

5-30

## 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
- cooperation
- open minded
- team cohesion

## Feel the Vibe

*A cooperative game with a strong team-building character.*

## AIM

During the game, the goal is to pay attention to each other, to find harmony between group members. Music can only serve as a tool for this, but it undoubtedly brings an interesting color to the game.

## DESCRIPTION

The participants stand in a circle.

The numbers are said one after the other from 1-30, but there is no fixed order as to who says the numbers one after the other.

Those who feel it, say the following.

The point is not to say it at the same time, because then the game is over, i.e. it starts over.

## LEVEL UP!

Try not to say numbers, but some kind of poem, melody, song, or maybe a musical scale for a group more familiar with music.

