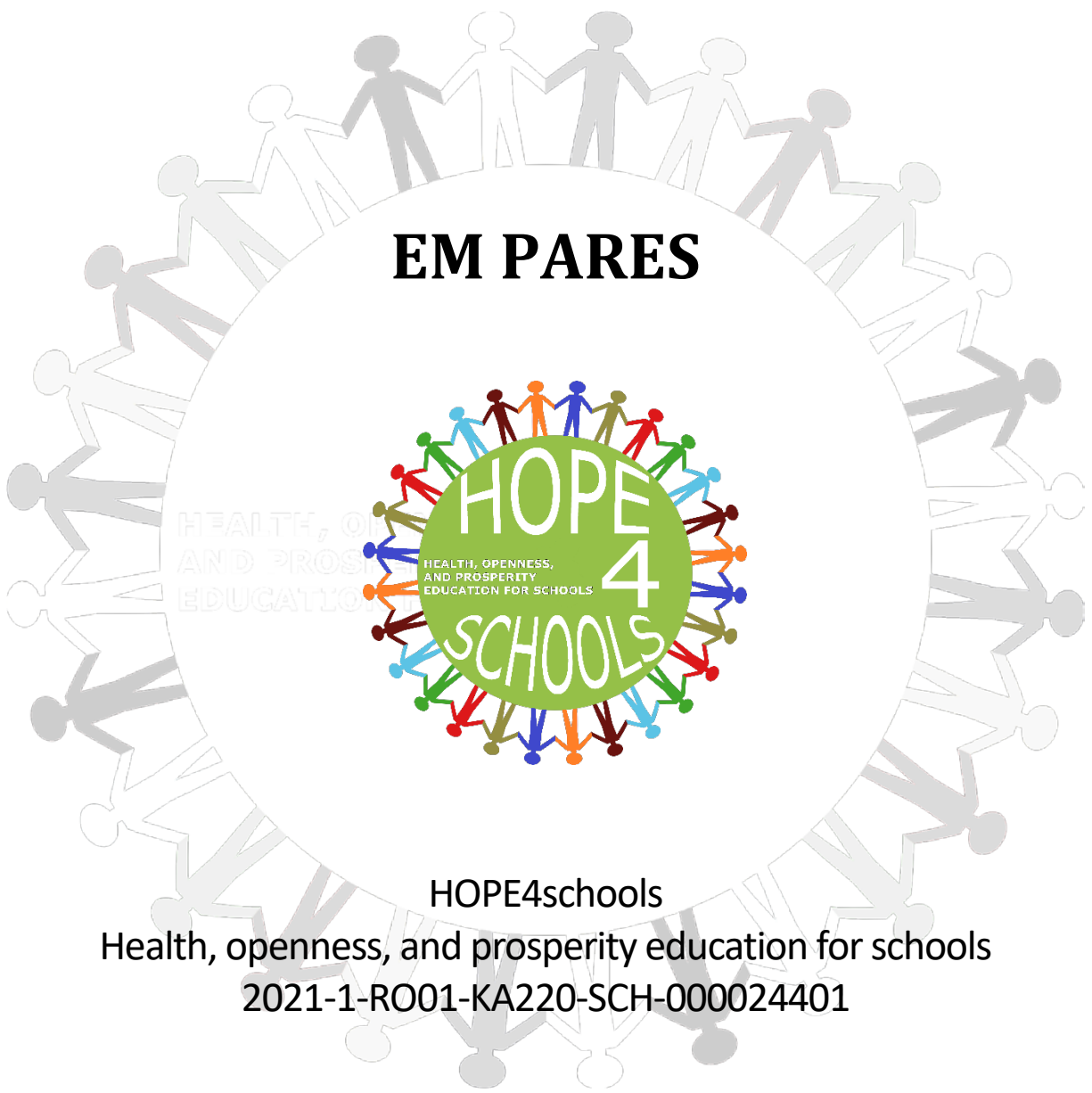




GREEK MINISTRY OF EDUCATION
AND RELIGIOUS AFFAIRS
REGIONAL DIRECTORATE OF PRIMARY
AND SECONDARY EDUCATION
OF WESTERN MACEDONIA



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EM PARES

HOPE4schools

Health, openness, and prosperity education for schools

2021-1-RO01-KA220-SCH-000024401



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INTRODUÇÃO

Atividade de quebra-gelo - ótima para construir camaradagem e cooperação. Quer o desafio seja físico, mental ou acadêmico, os alunos não conseguem superá-lo se não aprenderem a trabalhar juntos e a apoiar-se mutuamente. Fácil de implementar em qualquer ambiente, dentro ou fora da sala de aula.

TEMPO NECESSÁRIO

10 mins

OBJETIVOS

- valorizar o trabalho em equipa e a cooperação
- melhorar a coordenação

MATERIAIS NECESSÁRIOS

cordel / fita / fita cola



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INSTRUÇÕES

- 1) Os alunos juntam-se em pares.
- 2) O professor/ formador ata a mão direita de um dos alunos do par à mão esquerda do outro.
- 3) O professor/ formador dá instruções/ ordens precisas relativas às tarefas ou ações que os alunos devem desenvolver (provavelmente atividades que mobilizem ambas as mãos), por exemplo, atar os atacadores dos sapatos, descascar uma laranja, etc.
- 4) Os alunos devem cooperar e coordenar os seus movimentos de forma a conseguir desempenhar a tarefa proposta. Enquanto isso, tanto os participantes como o resto da turma divertem-se em conjunto e estabelecem laços.
- 5) Os alunos desempenham à vez várias tarefas divertidas.



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