



Animation sheet

L'ATELIER

de la TRANSFORMATION SOCIALE

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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