

Tips for trainers

Fruit salad

Purpose

- To get the group active and awake, especially good after lunch or during a lengthy passive session
- To form sub-groups for further exercises

Time

10 to 15 minutes, including setting up the chairs

5 minutes if chairs are set up

Materials

Circle of chairs, one less than the number of participants

Where

Any large, open space nearby, preferably in the shade

Steps to follow

Step 1 Decide on the number of groups that are needed -this will determine the number of fruits. Set up a closed circle of chairs, one less than the number of people who will do the exercise.

Step 2 Ask participants to sit in the chairs. You can join in by standing in the middle. Explain that this is an exercise to energise them.

Step 3 Let the participants name as many fruits as you need sub-groups, eg. 3 fruits if you want to form 3 sub-groups. Go around the circle, asking the participants to call out the listed fruits in turn until all have identified themselves with one of the fruits – eg.

apple, orange, melon, apple, orange, melon, etc.

Step 4 The person in the middle calls out the name of one of the fruits. All the participants who are that fruit must change chairs -no exceptions! The person in the middle will try to secure a seat.

Step 5 The person who remains in the middle then repeats the process by calling out another (or the same) fruit. When “fruit salad” is called, then everyone must change seats.

Variations

There are endless variations: vegetable stew, meat stew, animal zoo, ocean of fish, agroforestry, rainbow (of colours), all types of mixed salads. Make sure everyone is familiar with the different items. We once tried potato variety salad without success -the non-potato experts were not familiar enough with the potato varieties to join in freely.

Comments

If possible, it is best to have the circle set up beforehand in a separate space or room. The ‘fruit changes’ can be repeated as many times as the group seems keen to continue. Do not extend it too long- 4 or 5 rounds will have forgotten most people moving and laughing. Make sure everyone understands Steps 4 and 5 well, as it can be uncomfortable for those who did not understand if they end up in the middle. Everybody should know of the option to call “fruit salad”.

All those of the same fruit are now a sub-group and work can be started in these new groups. The exercise can be repeated the next day and the next, with one of the variations.