

Shakers

"Shakers" is a fun activity for trust building, and listening.

Choose one student to be the "bat" and one to be the "moth." Have the rest of the students form a circle. All students in the circle are spotters. Give the bat and moth each a noise maker and have them stand inside the circle. Give the bat something soft to use to tag the moth. The bat and the moth are to close their eyes. The object is for the bat to tag the moth using echolocation. The bat shakes its noise maker and the moth must in response shake its noise maker. Give the moth about a minute to catch the moth then let them choose people from the circle to take their places. The spotters are to keep the bat and moth safely inside the circle.

Possible debriefing/processing questions:

- Did you feel safe and comfortable with the spotters? Why/why not?
- What strategies did you use?
- What did you do as a spotter to keep people safe?
- Was it hard to keep you eyes shut? Why/why not?