










Carrots

 TIME	<p>10 – 20 minutes</p>
 No.	<p>Minimum 5 participants</p>
 MATERIALS	<ul style="list-style-type: none"> • Space
 OBJECTIVES	<ul style="list-style-type: none"> • Actively waking up the body • Creating bond between the participants
 INSTRUCTION S STEP BY STEP	<ol style="list-style-type: none"> 1. Depending on a number of participants you need to divide the team into ‘carrots’ and ‘gardeners’. For example, 4 carrots and 1 gardener, or 8 carrots and 2 gardeners. 2. Ask the gardeners to leave the room and instruct the carrots to sit on a floor and entangle with their ‘roots’ – their bodies, so that a gardener cannot just pick one carrot that easily. 3. When carrots are ready, ask the gardeners to re-enter the room. 4. Now gardeners need to break the root – human chain and pick carrots from the garden. 5. Gardeners need to find the weak links and best - fastest ways to pick all the carrots.

 <p>DISCUSSIONS</p>	<p>You can discuss with the participants how they felt being closely entangled and functioning as one organism.</p> <p>Address the 'gardeners' and their feelings whilst needed to detach the 'carrot' team.</p>
 <p>HINTS</p>	<p>-</p>
 <p>THIS ACTIVITY ONLINE</p>	<p>-</p>
 <p>THEORY</p>	<p>-</p>

