



CLUB SENIOR NORDSTAD

ETTELBRUCK

LUXEMBURG



WHY NOT TRY? / IT WOULD BE A GOOD IDEA TO ...

- To plan for each lesson an “ENERGIZER” , a playful activity to help the group connecting each other, to help people to relax, to let off steam, to counter tiring, to stimulate discussions, to promote concentration, to train the memory, to encourage after disappointment and to prepare or to finish an activity.
 - Games to activate the group:
 - fingers and numbers;
 - coloured balloons
 - Games to divide the group:
 - Puzzle with old Calendar pictures
 - Games to promote concentration:
 - Exercise in mindful Eating with raisins;
 - Games for Relaxation :
 - mindful viewing
 - phantasie trip
 - classroom yoga on the chair (suitable as a ritual, series of same exercises each week)
- To plan 2x year a day of “open doors” in the Dobele Trainingcenter. People can visit and try different courses and lectures. People can come in contact with alumnus and enthusiastic participants who can share experiences.
- To collect prospects and wishes at the beginning of a course and Feed-backs at the End of the course from the participants. So the Dobele Trainingcenter can make a Quality Evaluation.
- To bring out the aspect of “Training” to the students : Training is not an exam, no perfection, but place to practice, to change for the better, learning to know where are my limits, trying to go to or over the limits, mistakes are allowed during training

NECESSARY CONDITIONS: MATERIAL / PLACE / TIME

- The length of the “ENERGIZER” units should not be longer than 5-10 minutes. It take place in the classroom before the lesson.
- The teacher has to prepare all lessons included the energizing and relaxation unit.
- Explications of all games and learning matters in short and simple steps.
- Professional Training for teachers in social and psychological themes.

POSSIBLE OBSTACLES

- Lost time during the lessons.
- Additionnel preparation for the teacher to prepare the « ENERGIZER » and « RELAXATION » unit.
- The Director of the Dobele Trainingcenter doesn't support the Professional Training for the teachers.
- Refuse of the playful activities by the participants.

ILLUSTRATION

