



## ACTIVITY: 'DAY LUBBER LUBBER'

**TIME:** 10–15 minutes

**SIZE:** Small groups

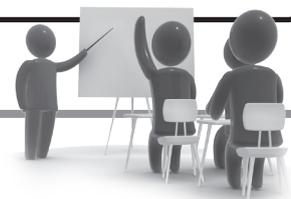
**SPACE:** For small groups to sit in circles

**RESOURCES:** Word Cards and Action Cards (pp.72–73 or SenseAbility CD), two hats or buckets

**The aim** is for students to experience a situation where it is difficult for them to take themselves too seriously.

**The result** should be discussion about the benefits of lightening up and looking at events from multiple perspectives.

1. Break the class into small groups of five to seven students and have each group form a seated circle.
2. Put the Word Cards in one bucket and the Action Cards in another. Word Cards have single, common words such as 'Out', 'Go', and 'Morning'. Action Cards have funny tasks such as 'Stand up and do a little dance', and 'Pretend your hands are puppets having an argument'.
3. Have every student pick one word from each bucket. They are allowed to read their cards, but not to reveal their contents to others.
4. Explain the activity: each group is going to begin an amiable conversation about a topic of your (the teacher's) choice (e.g. the price of concert tickets, favourite holiday destinations). But as soon as any student hears the word on his/her Word Card, they must instantly perform the task on their Action Card. For example, when Jane hears someone say the word 'Day' she must make a face and loudly say 'Lubber Lubber'.
5. Laughter will make the job difficult, but make sure people perform their actions while the others stay on topic with the themed conversation.
6. It is up to you whether they need to obey their Action Card every time or only the first time they hear their word.
7. When you feel the activity is running out of puff, bring the class together for a discussion.



## DISCUSSION SUGGESTIONS

- What were you thinking and feeling when you read your Action Card and realised what you had to do in front of others?
- Would you still feel that way if you had to do the activity again? Why/why not?
- What did you think of others who were performing in your group?
- What are the general differences between the way people thought about themselves and thought about others?
- What are some negative implications of taking yourself too seriously?
- How do you strike a balance between behaving with dignity and taking yourself too seriously? What thinking tools can help you 'lighten up'?