

RespAct – welcome classes

RespAct is a sport and democracy project which enables children and young people to examine their living environment and look at political and social problems and find solutions together. Through sports and confidence-building exercises, the participants gain self-awareness and work more constructively in a group. This manual provides three variations of the RespAct project for working with newly arrived migrant children and adolescents - adapted to the language, age and diversity of the group.

RespAct with newly arrived migrant children and adolescents

RespAct has been designed, and has won several awards, for working with children and adolescents in disadvantaged neighborhoods.

In the context of schools clubs and groups, however, there are further challenges that face teachers or tutors when dealing with a group of newly arrived migrant children or adolescents.

The RespAct approach is a methodical mix of sports and exercise combined with reflection and exchange tasks that lead to a visible school or district action. We have also remained faithful to this approach in these variations.

In order to reduce language barriers and the contact anxiety that can result, you will find a lot of speech animation tools as well as games that do not need any language through the modules.

Name	implementation	goal	time
Vulcanic eruption	All the participants stand, lean their upper bodies forward, let their arms hang and simulate the edge of a crater. They make bubbling noises, which sounds like the bubbling of lava, and continues to get louder. Movements of the hands and arms strengthen the impression of an impending volcanic eruption. Arms and upper bodies are straightened, the feet trample on the ground, the heads go up, and all begin to clap. With a loud scream, the volcano erupts.	Energizer,/ Attention	3min.
Splat	All standing in a circle: One participant stands in the middle of the circle, stretches his/her arms in front of himself/herself and starts to turn. He/she stops abruptly and points with her/his at a selected participant from the circle. This participant must squat fast on the ground, while the two participants on the left and right of him/her turn around themselves, with their arms forming an arrow and calling "splat". The participant, who has pointed his/her arrow first on the other, wins. The other participant will leave the round. If you are undecided, just continue.	Energizer, Attention	10min.
Human-memory	There are 2 people who play memory. The others find themselves in pairs and think of a sound / gesture. Then they squat down and the 2 players have to find, as with the memory, the pairs of people who match. When a	Fun in the group	10min.

	person stands up, they must make their sound / gesture.		
Paper Game	The group stands in a circle and receives a sheet of paper. Now, one person holds the sheet horizontally in front of herself/himself in the air, so that it would sail in the direction of the floor in the case of letting go. At the moment of letting go the name of someone in the group is called, who must then catch the sheet with one or both hands before touching the ground. If the sheet touches the floor, it gets halved. This happens every time it touches the floor, so that the sheet becomes smaller and smaller.	Get to know each other in the group	10min.
Mirror	The participants stand in pairs facing each other. It is decided who is the active partner and who represents the mirror image. The "mirror image" reacts synchronously to its partner, who moves slowly or makes faces. After a while, the roles are switched. Variation: Say out loud or write down on cards some descriptions of what the participants should implement: brush your teeth, play instrument, blow up a balloon, put on a jacket ...	Get to know each other in the group	15min.
Group twister	Two or more groups; One player indicates how many body parts have to be touching the ground per group. The group has to solve the task as quick as possible.	Communication, finding solutions together	15min.