

Grandmother's Footsteps

This exercise is a great way to promote concentration, patience and listening skills in the EAL classroom. 'Grandmother's Footsteps' acts as a physical and mental warm up activity.

The exercise is suitable for all ages and abilities. It requires a large space and so it is suitable for classes of all sizes.

This activity should last for around five to ten minutes.

Instructions:

- 1) Choose a 'Grandmother', who faces the wall at the far side of the classroom.
- 2) Arrange the rest of the class at the other side of the room.
- 3) The pupils must creep up on Grandmother.
- 4) If Grandmother turns around, any pupil caught moving has to return to the start.
- 5) The first pupil to tap Grandmother without being caught wins.
- 6) Select another pupil to be Grandmother and repeat again.