

**French team**

21/09/23

Online meeting Romania

*GAME*



# **WORKSHOP GAMES AND WELL BEING**



 **BE**  
ENERGETIC 

**BE ENERGETIC**

**BE ENERGETIC**

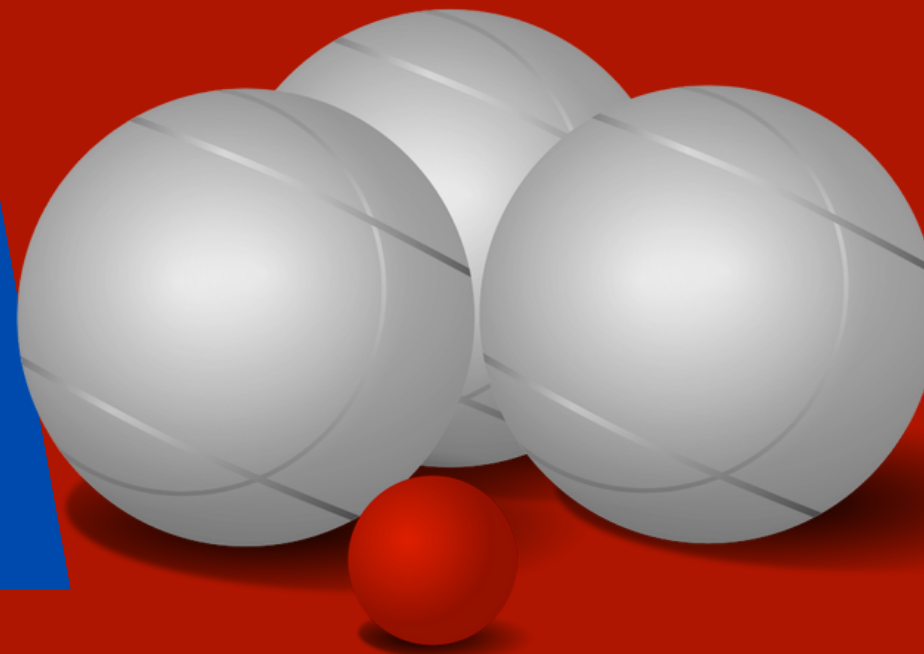
# THE PETANQUE

(PLAYED BY OLDER PEOPLE)



**TWO TYPES OF BALLS :**

Classic balls thrown by the players who must throw them as close as possible to the other type of ball: the jack thrown at the start of the game



**ADVENTAGES :**

**MORE CONCENTRATION  
MORE PRECISION**

# THE BERET GAME

## WHAT IS ?

- 1 You need two teams of the same number
- 2 Every player of each team has a number. So, there is a pairs of number with one members in each team
- 3 The arbitr announces a number and the players run to take the object in the middle of the court : the beret
- 4 The first guy who take the beret have to come back in his camp without being hit by the opponent.
- 5 The team who have the most points at the end wins !



## Advantages

- + collective
- +Release
- +Fast/Technical

## DOBBLE



Dobble is a card game that can be played by two, three, four or five players... The game features several round cards, each with 8 drawings. Each card has a single design in common with any other card in the pack. The aim of the game? Find the common design between two given cards, and announce it out loud! Multiple rules to invent, that's for sure. And why not play the game in another language, naming the objects in English, for example? This improves our observation, reflexes, our visual discrimination, our concentration and our speed

Source : wikipédia



## JUNGLE SPEED

The basic set consists of 80 cards. It contains several cards with different symbols in 4 colors: yellow, orange, purple and green, as well as special cards. The aim of the game is to get rid of all your cards as quickly as possible. Once two players have turned over a card representing the same symbol (regardless of color, colors are only taken into account when the Color Arrow card is turned over), the first player to seize the totem wins the duel. The loser collects his opponent's upturned cards, as well as his own and those in the "pot", if any. He then starts playing again. One of the main difficulties is that some of the symbols are similar, but not identical. those of all the players and those in the pot. This improves reflexes and visual recognition speed.

## THE MIND



The game is played over several rounds. The further into the game you go, the more cards are dealt. The mechanics of the game are simple: players lay their cards down in ascending order in the centre of the table. There is no order of play: whoever thinks they have the smallest card puts it down first, and so on. But you can't talk, wave or communicate in any way! If you make a mistake, you lose a life. You can recover lives by completing certain levels. If the team loses its last life, the game ends.

Skills :

- Cooperation
- Playful

The Mind won the As d'Or game of the year award at the 2019 Cannes games festival



## CONCEPT

Concept is a party game in which players must make other participants guess words in pairs using a table presenting icons symbolizing different concepts. This game allows the child to develop working methods, to follow logic and reasoning. It stimulates verbal, mental, logical and calculation skills.

All the players are in a team of two. Both of them have four cards in their hands. If a person has a complete package, she makes a discreet sign to her teammate. The sign is decided by the two players before the start of the play. When her teammate sees her, he says "Kems" and they win one point. If somebody else sees the sign before her teammate, he says "Against Kems" and he wins a point for his team. Playing Kems develops your reflexes and attention span

## Kems



## Who is it?

The name of this board game is "Who is it?" This game is played by two players who have both a set with all the characters. Each player chooses a character to make his opponent guess and have to answer to his questions by "yes" or "no" only. This game is working your logical mind and your deduction capacity.





**WINNER**

# Just Dance!

Just dance is a french dance game!

## The benefits:

- physical activity,
- work on balance and coordination,
- weight loss by tapping into fat mass,
- strengthening the cardiovascular system,
- improving the overall mood