

Title	Fruit Salad
Duration	10 minutes
Nr of participants	5+
Precautions	Some groups may have difficulty remembering their chosen fruit or veg. The instructor may want to ask each participant to tell their veg/fruit to the group again or write them in tags that they can put on their shirt or write them on a paper and hold it
Objectives	communication, being alert and present, focus
Description	<p>The group forms a circle and the instructor asks each participant to choose a fruit or vegetable. E.g.: Apple, Pear, Mango, Tomato, Potato etc.</p> <p>Please note that two participants cannot nominate the same fruit or vegetable as it will cause confusion.</p> <p>Standing in the center of the circle, the instructor will try to take the place of a participant at the edges of the circle by calling on any of the nominated fruits or vegetables x3 times.</p> <p>If a participant's fruit/veg is called, they can protect their place in the circle by interrupting the x3 sequence called out by the instructor by shouting their fruit/veg louder.</p> <p>If the instructor in the middle succeeds in stealing a place from an individual by saying the fruit/veg x3 times without interruption, the new person in the center simply tries to steal another person's place by the same process. However, if the person that is in the center gets interrupted, they stay in place at the center and try again until they win.</p>
Variations	The participants can be sitting down for this activity.
Guidelines for the facilitator	If someone is struggling in the center and cannot take a place in the circle, the instructor can encourage them by suggesting different strategies for taking a place . They can also be encouraged to call out the instructor's fruit/veg so that they can step in the circle and the participant can go back in the group.
Summary	This is a simple activity to increase the level of focus.