

One - Ten in Japanese exercise – ice breaker/energiser encourages the idea of learning by being involved

<u>ENGLISH</u>	<u>JAPANESE</u>	<u>SOUND</u>	<u>ACTION</u>
One	ichi	itchy.....	scratch
(1 and 2 can be said and acted out together with a short pause between each word)			
Two	ni	knee.....	your knee
Three	san	sun	point to sky
Four	shi	she.....	point to female
Five	go	go.....	walk on spot
Six	rocko	rockuh	rock a baby
Seven	shichi	shechee.....	sneeze
Eight	hachi	hatchee	put on a hat
Nine	kyu	coo.....	coo like a dove
Ten	dyu	due.....	look at wrist watch

- Firstly the facilitator should state the word in the SOUND column at the same time as making the movement as in the ACTION column to demonstrate what they want the group to do with them.
- Once you have demonstrated the whole series once with the group observing - ask the group to complete the exercise again accompanying you.
- Next ask the group to complete the sequence without you doing the actions just saying the words.
- Next get the group to complete the sequence on their own with sound and action
- Finally ask the group to count 1-10 only using the words.

Congratulate the participants on their efforts and success and ask if they remember learning anything else like this – nursery rhymes are a popular answer as they use the same learning process, where a number of methods are linked to appeal to more than one sense and learning style

Explain the process below and how they can link this learning method to other aspects of their lives.

The learning points are that the group are not only seeing the words being demonstrated but also hearing them - the two links will make learning more effective. You are also asking them to repeat the exercise a couple of times therefore this aids the learning. Using more of the senses appeals to



most people as well as the idea of adding actions and rhythm- like nursery rhymes, poetry, instrument tuition etc.

This exercise demonstrates the concepts of Accelerated Learning and the learners' ability to recall things more easily once they are learnt using a number of senses. The exercise clearly demonstrates how - when learning something new - it can be made easier by linking to something, which is familiar.

Keep repeating the exercise after breaks or lunch throughout a course as an energiser. It is very rewarding for the group to demonstrate the retention of the information.

Source: Master it Faster by Colin Rose

