



DEFENDER

Number of players: 10+

Space: Open room

Materials needed: None

Procedure:

Ask players to walk silently around the room at their normal pace. After a minute or two, ask players to pick one person in the room who they will imagine is their greatest enemy (or “Wolf,” etc.). Players should keep walking and not be obvious about who they have chosen. Then ask players to pick another person in the room to be their personal defender (or “Beast,” or other protector metaphor). As they walk, they must now keep their defender between themselves and their enemy.

Possible side coaching:

- “Keep your defender between you and your enemy at all times!”
- “How close or far away from your defender can you be to stay safe?”

Variations:

Include a motivation for avoiding the enemy (you owe money, etc.)

Processing points:

- Who was your enemy? Your defender? [Note: With younger players, stress that the choices weren’t personal and the activity is over].
- How did you keep your defender between you and your enemy?

Possible learning areas:

Simple role playing, predator/prey relationships, imagination

AKA: Protector; Wolf & Beast

Source: Augusto Boal