

## STRESS, ANXIETY AND DEPRESSION AT WORKPLACE

**Organization and country:** LUV, Slovenia

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**Name of the activity:** Pantomime — Life of a Celery Seed

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**Overview (What I am going to learn?):** The activity is intended for “mental break” at work.

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**Objective (What am I going to learn it for?):**

- Take a break from working pace,
  - How creativity can help coping with stress, calm down busy thoughts and increase concentration,
  - Learn the importance of taking mental breaks when work is overloaded.
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**Materials:** /

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**Time:** 10-15 minutes

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**Target group:** Employees and managers

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### Instructions for facilitators

Pantomimes are a specific type of entertainment where people make elaborate gestures without words to express themselves. The point of a pantomime is to encourage physical movement during a creative/imaginative activity.

Participants are asked to act out a 2–5 minutes story that facilitator recites. Facilitator can participate in the actions but should encourage people to be creative and do different actions.

### Tasks and procedure:

The facilitator explains that everyone is granted license to be creative acting out the story. Participants are encouraged to be expressive and show big movements (shown in *italics text*). The point is to get some activity and have fun.

The activity is about acting out the life of a celery seed.

Facilitator recites the bold text bellow.

1. **You start as a little seed planted in the ground.** (*Sit or crouch with hands over eyes.*)
2. **Next you sprout from ground.** (*Stand and unfold hands and stretch out arms and twist side to side to look around.*)
3. **Now you grow taller and taller.** (*Point hands over head and stretch.*)
4. **The wind feels so good.** (*Gentle sway with breeze and sunshine.*)
5. **Oh, oh. There's no rain and you start to go limp.** (*Stretch overhead arms to the left and right.*)
6. **Rain comes to water the plants.** (*Stand up tall.*)
7. **The rain turns into a storm.** (*Reach arms sideways left and right to stretch waist.*)
8. **Now a tornado comes through!** (*Gently twist torso.*)
9. **After the storm passes, the gardener *picks the celery*, and you walk to the house. Wave good-bye to the radishes and carrots and go up the steps into the kitchen.**
10. **It's time to wash up in the sink.** (*Step in the sink and move arms around for washing, shake off excess water.*)
11. **The cook chops up the vegetables before cooking** (*several quick hand chops on body*), **dumps everything in the soup pot** (*dive in with hands*) **and stirs it up.** (*Move hips in Hula-Hoop circles and/or arm swimming motions.*)
12. **Wow! You get to meet other vegetables in the pot.** (*Turn to neighbours and shake hands or dance together.*)
13. **The soup starts to boil** (*raise hands and jiggle them*) and cooks until you are tender. (*Be flexible & wiggly.*)
14. **Finally, it's time to dish the soup** (*scoop arms to dish soup into bowl*) **and we all sit down for a delicious dinner.** (*Calmly sit down.*)

### Conclusion and evaluation:

After activity take a few moments, so that participants can slowly switch back to reality. Pantomime can help develop nonverbal communication, concentration, and the ability to put action and thought together.