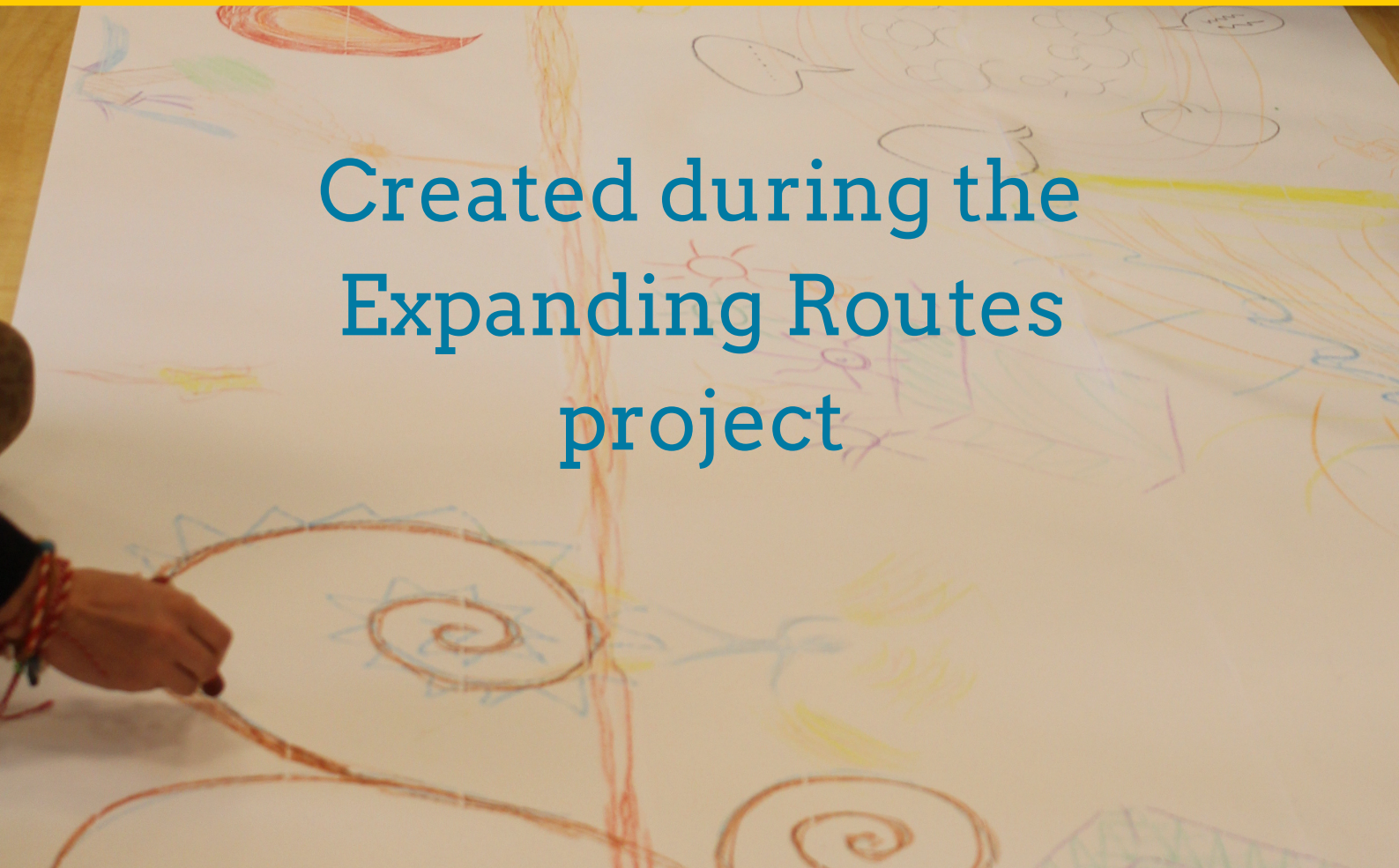




# BODY&SOUL

## TOOLS FOR YOUTHWORKERS

Created during the  
Expanding Routes  
project





PARTICIPANTS AND TRAINERS OF THE EXPANDING ROUTES PROJECT

WRITTEN BY:

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ALL THE PICTURES WERE TAKEN DURING THE 3 ACTIVITIES OF THE PROJECT: A STUDY VISIT IN ISRAEL TO KIBBUTZ NEOT SEMADAR AND HAVA&ADAM FARM; A TRAINING COURSE ON NON-VERBAL COMMUNICATION IN THE NETHERLANDS AND CONFERENCE& SEMINAR TO DISSEMINATE THE RESULTS IN HUNGARY. ALL THE PEOPLE WHO APPEAR ON THE PICTURES WERE PARTICIPANTS OF AT LEAST ONE OF THESE 3 ACTIVITIES.

2017. The Connecting Routes Informal Group of Young People



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## Introduction

This booklet contains exercises which were created by the trainers, facilitators and participants of the Expanding Routes project. We publish them to support even more youth workers to create meaningful learning experiences for the people they work with.

You can find a big variety in the coming pages – we deliberately included activities for bigger and smaller groups, outdoors and indoors, for younger and older audiences. What connects them is that they all include movement to a certain extent and they combine learning through experience and reflection.

You are of course more than welcome to experiment with what we offer, we encourage you to adapt to your target group and make different versions of the activities. We will be happy to hear your feedback, and we will be happy to support you with even more ideas.

## About Expanding Routes

The aim of our project was to introduce two very unique methods to youth workers active in communities such as villages, youth centres of towns and cities, coordinating and leading work camps or long-term projects involving a lot of volunteers, or youth workers working with immigrant groups. Furthermore, we created a forum to exchange the existing knowledge of all the participants to improve the quality of their work.

The long-term goal of our initiative is to support these people and organizations in including new methods in their work and based on them to develop solutions in youth work which give a good-quality answer to the emerging problems of our times (youth unemployment, dis-functioning rural communities, inclusion of less-opportunity groups in society). One of the ways we want to reach it is by this publication, and we, as a group of trainers continue to give trainings and organise projects, mainly in the framework of [The Difference Between](#) events.

The first method participants experienced was developed by a learning community in Israel and the core of it is observing and reflecting on one's daily life for understanding and developing better-functioning relationships with one's peers.

We named the second method The Difference Between, and it was developed by a European group of trainers and youth workers and it is personal development training in a group context, where through various processes including art, movement, drama and outdoor exercises the participants were given the possibility to understand better one's goals in life and how to achieve them in harmony with one's peers.

We are looking forward to getting in touch with you, and we wish you good luck with your work!

30<sup>th</sup> of November 2017, everywhere in Europe

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The organiser: [Connecting Routes Informal Group of Young People](#)

The partners:



[EgyeseK Youth Association](#)



[Anshei Maase – Neot Semadar Learning Center](#)



[Smokinya Foundation](#)



[EstYes](#)



[Synergy Flow](#)



[SynCro – Synergy Croatia](#)



The project is co-funded by the [Erasmus+ Programme](#) of the European Union.



## Supporting circle

**Purpose:** to experience non-verbal support from a group; to experience freedom in non-verbal expression

**Number of people in the group it is suitable for:** 10-30



**Duration:** 10-30 minutes

**Equipment & Room:** empty room with speakers, and ready-made playlist (or a DJ who puts music according to what is happening in the group).

Alternative: live music. The musicians can be in the middle of the circle or on the side.

**Starting:** Everybody stands in a circle. Music is playing (this is done usually after a warm-up).

### Instructions:

- This is a supporting circle. You can be standing in the circle supporting the space inside of it and the people moving there, or you can be inside the circle, moving and dancing as you wish.
- You can change between being inside the space, or supporting it from the outside whenever you want.
- When you are outside: you move rhythmically, your focus is on your breath and on connecting to the space and the people moving in it.
  - later can be added: focus on what is happening inside – maybe it can be an inspiration for you to join?
- When you are inside: you can move and dance freely. You can get into interaction with someone else who is inside. You can copy the movements of someone else who is inside. You can switch between these options whenever you want.

### At the end:

Let the circle go, move freely in the space.

Authors: Afonso Bértolo and Eszter Korányi

## Connecting to your senses

**Purpose:** to experience focusing on different senses, not the ones we are most used to

**Number of people in the group it is suitable for:** 10-30

**Duration:** 45-60 minutes + reflection

**Room:** dim lights, soft music is playing – the best if it is live

**Starting:** participants are spread in the room

### Instructions:

- *Warm up (15-20 minutes):* walk around in the space, move all your body parts, walk and look in the eyes of the other people you meet, walk and acknowledge the space around you, walk and freeze, walk and freeze – look up and go to the person you had eye contact with when you looked up. Move together for some time.
- *In pairs:* one moves, the other observes. The other moves and gives back her impressions of the dance of her partner. They switch.
- *Instructions for the main part:* You are invited to connect to your senses – focus on awareness of what you touch, smell, see, hear, and feel in your body. You choose what to do in the coming 20-30 minutes: you can dance, you can lie on the floor, you can sit, you can sing together with the music. You are alone in the process.

**At the end:** if it feels appropriate, the guide can invite everybody to sing together or to dance in a circle.

**Reflection:** we sit silently in a circle. The guide asks who wants to share. Free sharing.

Authors: Afonso Bértolo and Eszter Korányi



## Meeting the other

**Purpose:** to meet in a non-verbal channel, to say thank you or close a training/workshop

**Number of people in the group it is suitable for:** 10-30

**Duration:** depends on the amount of people. For 6 couples it is 20 minutes (3 minutes per couple + explanation)

**Room:** Empty

**Starting:** participants stand in a circle

### Instructions:

- Stand in 2 circles, and inner and an outer one, facing each other.
- You will meet 1 person for a few minutes (as a trainer, you see how much time is adequate – depending on the group and on the purpose, it can vary between 0.5 – 3 minutes per person)
- You stand looking at each other. You think about – this is open according to the purpose of the process (your impressions/memories/what this person gave you/unsolved issues)
- The person in the inner circle starts to dance to his/her partner. The other person observes.
- When you hear the bell/drum you switch roles.
- Last part: you dance together (optional)
- When you hear the bell/drum, the outer circle moves 1 to the right.

**At the end:** it is possible to finish with silent meditation, writing, or making free sessions mingling in the room.

Authors: Eszter Korányi and Afonso Bértolo





## Clip it!

**Purpose:** To get to know each other, observe people's reactions in many situations and to observe themselves through video and realise their needs in a group

**Number of people in the group it is suitable for:** 6-20

**Duration:** 1 hour – 1 day

**Room – Material:** Phone or a camera

**Instructions to the participants:** Record as much as you can, while the other half of the group works on another assignment (can be decided by the trainer – E.g. Cooking dinner together, playing, something else which requires activity).

At half time, the participants switch roles.

At the end, the group watches some of the videos:

- The trainers select the most expressive scenes
- Everyone selects 1 minute that they find the most interesting
- A team of participants selects the most expressive/interesting scenes

### Reflection questions after the activity and after watching the videos:

1. How was the experience?
2. Were your thoughts about the group reflected by the videos? How? Why?
3. Thoughts about the video that you appeared in

Authors: Sondos Mosa, Tanja Karakaš, Eszter Berényi, Angeliki Asimakopoulou



## Improving team work

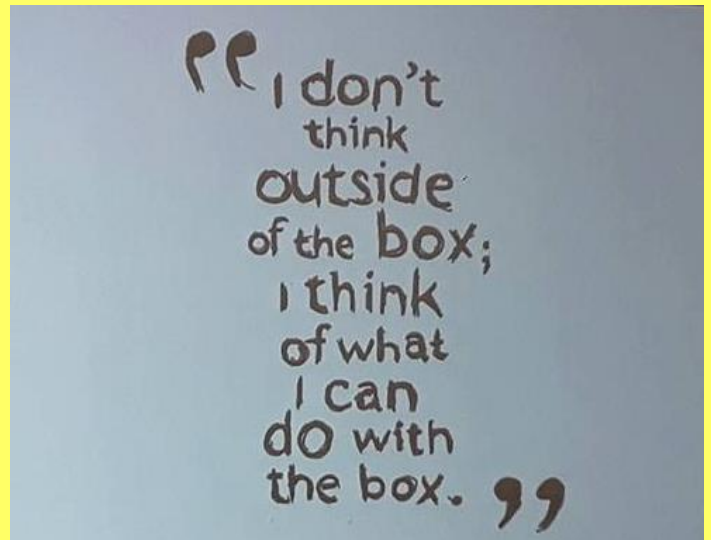
**Purpose:** building trust and connection

**Number of people in the group it is suitable for:** 6 - 20

**Duration:** around one hour

**Room – Material:** sticks, scarfs, and small, soft balls (one for each couple); an empty room or outside

**Music:** soft music



**Instructions to the assistants:** give out scarfs, sticks and balls, and each time demonstrate the exercise.

### Instructions to the participants:

- Pair up for the first task and then change pairs for each new task
- For the first task you will move in pairs with the scarfs. First one will lead and the other will follow. You switch roles. In the third phase no-one leads. Make sure that keep the scarf stretched the whole time.
- The participants give back the scarfs and get sticks instead. They repeat the same, with the same instructions.
- The participants give back the sticks and get small balls instead. They repeat the same, with the same instructions.

### Reflection questions after the activity:

1. How did you feel?
2. What was hard for you?
3. What was easy for you?

Authors: Sondos Mosa, Tanja Karakaš, Eszter Berényi, Angeliki Asimakopoulou

## Translating non-verbal to verbal language

**Purpose:** Communication in 3 steps: from verbal to non-verbal to music.

**Number of people in the group it is suitable for:** 5-30

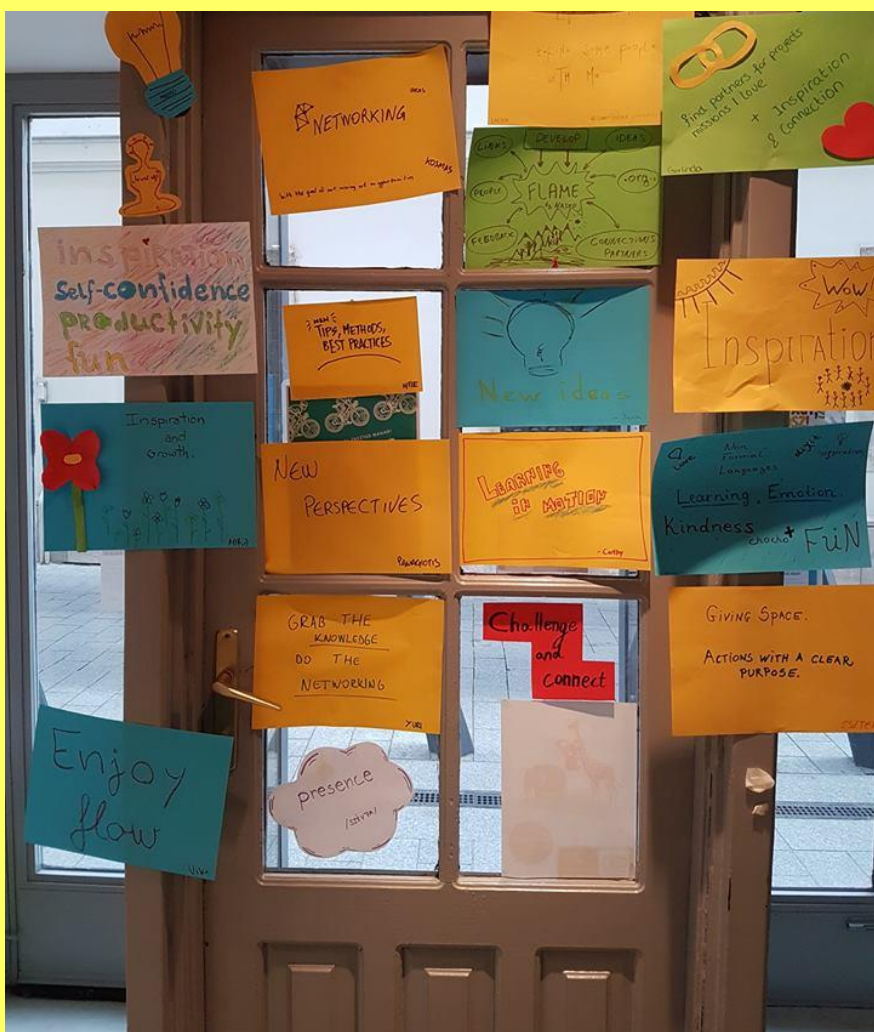
**Duration:** 10-30 minutes

**Room – Material:** Can be anywhere.  
No materials needed.

### Instructions to the participants:

Describe the process of the activity:

- 2 volunteers go to the 'stage'
- The trainer chooses a topic to speak about
- First person talks about the topic in nonverbal language
- Second person interprets this in his own way and translate this sentence by sentence to the audience in English/common language in the room.
- Next 2 volunteers: repeat process above, by using a different way of interpretation each time. (eg. Translating to mother tongue, to gibberish, to body percussion, to sounds from mouth, to singing)



### Reflection questions after the activity:

1. What was more challenging: to translate or to express?
2. How were the body language, intonation and dynamics (volume/tempo) involved?

Authors: Yitzchak Sadan, Martina Veleva, Dimitrios Kelesakis, Jaber Abu-Abed, Marijan Jovičić, Gerlinda den Otter

# Hoe-ha-ya, Hoe-ha-ya, Hoe-ha-ya, Chaki Chaki Chi

**Purpose:** Communication in 3 steps: from verbal to non-verbal to music. Organize words/sounds to rhythm.

**Number of people in the group it is suitable for:** 5-60

**Duration:** 10 – 30 minutes

**Room – Material:** Can be anywhere. No materials needed.

**Instructions to the participants:** Describe the process of the activity:

- People stand in 2 lines, facing each other. In the middle is an imaginary river.
- first person steps inside the middle of the river, between the two lines of people
- first person says 'hoe-ha-ya' 3 times
- Second person steps inside the middle of the river, facing the first person in the river.
- Second person says 'Chaki chaki chi' 1 time.
- Second person turns around to the group.
- Second person says his sentence 'Chaki chaki chi' 3 times.
- Third person steps inside the middle of the river, facing the second person in the river.
- Third person says his own sentence
- Etc....
- After the last person steps in the river, everybody goes in a line in the same direction. Everyone says his sentence together and keeps on repeating that, while walking forward.
- The line turns into a circle. We 'play' with volume, from soft to louder and louder and louder.
- At the end everyone puts the hands up and finish together with oeeeeehhhh.

Repeat the process in the following variations:

- English: 2 words
- Mother tongue: 2 words
- Gibberish: 2 words
- Body percussion: small gesture
- Sounds from mouth: small gesture
- Singing: small melody

**Reflection questions after the activity:**

1. Which variation was the most comfortable?
2. Which variation was the most fun?
3. Which variation was the most challenging?
4. How were the body language, intonation and dynamics (volume/tempo) involved?

Authors: Yitzchak Sadan, Martina Veleva, Dimitrios Kelesakis, Jaber Abu-Abed, Marijan Jovičić, Gerlinda den Otter

## Yes and.... Music circle

**Purpose:** Communication in 3 steps: from verbal to non-verbal to music. Rolling energy.

**Number of people in the group it is suitable for:** 3-25

**Duration:** 10-30 minutes

**Room – Material:** Can be anywhere. No materials needed.

**Instructions to the participants:** Describe the process of the activity:

- Stand in a circle
- On person starts a story ‘Do you remember when we....’
- Neighbour says, ‘yes and...’ and adds a second line in the story.
- We build up the story together, while keeping the energy flowing. The group stops when the story comes to an end, or a participant says “yes, but” or “yes, and” but starts another story line
- The trainer asks the participants why they stopped the circle.

Repeat the process in the following variations:

- English: few sentences
- Mother language: few sentences
- Gibberish: few sentences
- Body percussion: few sentences
- Sounds from mouth: few sentences
- Singing: few sentences
  - So that the story is always heard in a different language or sound
  
- Optional 1: combine it with movement
- Optional 2: all the group makes the basic rhythm with their feet (stamp left-right-left-right, etc) during the game.

**Reflection questions after the activity:**

1. Which variation was the most comfortable?
2. Which variation was the most fun?
3. Which variation was the most challenging?
4. How were the body language, intonation and dynamics (volume/tempo) involved?

Authors: Yitzchak Sadan, Martina Veleva, Dimitrios Kelesakis, Jaber Abu-Abed, Marijan Jovičić, Gerlinda den Otter

## Sound picture of emotions

**Purpose:** Develop emotional intelligence by sharing emotions. Express emotions through music (sounds, rhythm, and singing).

**Number of people in the group it is suitable for:** 5-12

**Duration:** 10-20 minutes

**Room – Material:** Can be anywhere. No materials needed.

**Instructions to the participants:** Describe the process of the activity:

- The participants stand in a circle
- One person shares a personal emotion (how he feels now... or what is meaningful for this person at this moment in his/her life)
- 3 people on the right side of this person gather together and make a small “sound picture” of the emotion of the person. They can do this by using and combining all the variations used in the previous exercises (mother language, gibberish, body percussion, sounds from mouth, singing)
- This sound picture takes around 10 seconds – 1 minute. They synchronize and finish all together.
- Next person... repeats process above.

**Reflection questions after the activity:**

1. How did you feel, while you were listening to your own sound picture?
2. How did you feel, when you were making the sound picture?

Authors: Yitzchak Sadan, Martina Veleva, Dimitrios Kelesakis, Jaber Abu-Abed, Marijan Jovičić, Gerlinda den Otter



## Explore the city while being blindfolded

**Purpose:** To show to the participants without disadvantages how to perceive the surrounding environment and to show how blind people have to use all their senses.

**Number of people:** at least 2

**Duration:** 1,5 hours (includes also preparing activities for this exercise, for example try moving first in the room, or in the close grounds of the youth centre/training room.

**Room & materials:** Youth centre/training room, close surroundings, street. Blindfolds. Phone or watches to each couple for time keeping.

### Instructions to the participants:

- Instructions for the ones who are blindfolded: Observe your feelings and emotions. If you are afraid, try to figure out why and what you are afraid of. Listen to the surroundings and be curious towards the environment around you.
- Instructions for the ones who are instructors: Don't talk, but you can improvise and use surrounding sounds, grounds and textures (inspired by the environment) on the walk to the store and help the blindfolded person to use all their other senses to move around.
- Give a time frame to the instructors. E.g.: After 20 minutes you switch roles.
  - Additional possibility: participants can be given some specific task, for example find the nearest mall, and buy some food.

### Reflection questions: 5 fingers reflection method

1. What did you experience during the exercises?
2. What surprised you most doing the exercise?
3. Were you afraid of something?
4. Was the fear justified?
5. What knowledge will you take from this exercise?



Authors: Merle Purre, Maris Pošlin, Kristiina Vall

## „Move your mind”

**Purpose:** to help people discover and influence the connection between the mind and the body

**Number of people:** up to 14, can be less (ideally an even number)

**Duration:** 1,5 – 2 hours

**Room & Materials:** Room large enough for 14 people to move around and lie on the floor - Clean and rather warm floor. Yoga mats for the breathing exercise

**Music:** Songs portraying/facilitating different emotions (anxious, happy, sad, etc) - Quiet, calm background music for the breathing exercise - An energetic, positive song to close the process with

### Instructions to assistants:

- When pairs are formed, hand out a yoga mat to each pair, gather them after that part.
- If uneven number of participants, pair up with one of them

### Instructions to participants / overview of the workshop:

- Intro about the ways body and mind can influence each other (according to the group and to the topic of the training or workshop)
- „In silence, start walking around the room. Discover the room, discover your tempo. Remember to breathe and just walk around. (...) Walk around and see how it feels to walk beside someone.
- Find someone to walk together with. Walk together, notice if and how your tempo and rhythm match.
- Split up.
- Walk around and find someone else to walk with.
- Find a partner you feel comfortable walking with. Stay together.”
- „We will show you the entire process of the first exercise and then we will guide you as you do it yourself. You don’t need to remember the sequence; this is to show you what is coming”:
  - One lies down on the mat, the other sits next to them
  - Observe your partner’s breathing
  - Place your hand on your partners back, where the air is going most
  - Move your hand where the partner will start sending air to
  - Guide the air with both of your hands on your partner’s back
  - Gently shake the partner while they are breathing out.
- Thank your partner. Take your time, slowly stand up and start moving around in the room again. Find comfortable spot for yourself and stand there.
- Guiding through emotional states
  - Anxious state/pose (eyes closed), supported with narration and possibly music
  - Guided work on the posture, being aware of the body and relaxing/shaking to shake the feeling of anxiety
  - Guided to a „happy place”, standing with eyes closed, supported with narration, later with upbeat music and encouragements for movements, going along with how the body wants to move.



## Discussion and reflection:

Questions for reflection in pairs:

1. How did you feel during different parts of the workshop?
  2. Do you feel that your mind was leading or following your body?
  3. At what point/part did you feel most connected with yourself?
4. Discussion questions for the whole group:
- When and how to bring forward the changes of emotional states;
  - when can it be useful (and if there are situations if not);
  - what methods/tricks there are (power posing, etc)

After reflection, process is closed with getting up, doing some relaxing-shaking exercises and putting on a positive piece of music to dance to.

Authors: Merle Purre, Maris Pošlin, Kristiina Vall



## Matching your communication styles while talking to each other in your own native language

**Purpose:** to point your attention towards observing and learning each other's body language, voice, tone, gestures and body posture and try to connect to others by changing your communication style and so taking your communication skills to another level.

**Number of people in the group it is suitable for:** 16-20 participants; before this workshop the group has already meet and get to know each other for at least a day.

**Duration:** 45-60 minutes (that includes other activities as well, to start communication in different languages)

**Room – Material:** For this exercise the most suitable room would have to be with enough space for working in pairs and enough space to walk around freely. No materials needed.

**Instructions to the assistants:** Assistants can demonstrate the exercises that we are about to do, but workshop can be done without any assistants also.

### Instructions to the participants:

- Get divided into pairs (walk around and stop when signalled & after stopping pair up with someone you made your first eye-contact with).
- Walk together, try to find walking speed and style that suits both partners. Experiment with different speed, direction, style etc. Who is leading and who is not? Switch leads.
- Tell a story to your partner only using your body language and standing still. Partner must observe your body language and movement. Switch roles.
- Partner tries to talk to you back by using body language. Switch roles.
- Tell your partner a short story about your memorable day by using your native tongue. Partner listens and observes (body language, talking speed, tone, voice, articulation etc). Switch roles.
- Try communicating with each other by using different languages. Use body language, listen to your partner. Switch leads.
- Create a commercial for a workshop/event – a poster or promo-clip or sketch or any other creative choice. Present your commercial to others.

### Reflection questions after the activity:

Reflection questions will be answered individually or in pairs and sharing with others will be voluntary.

1. What did you experience during these exercises?
2. What was the most challenging exercise?
3. What exercise surprised you the most and how? (Positively or negatively)
4. What exercise was the most comfortable for you?
5. Did these exercises help you to understand your partner better than in the beginning? Was there any difference?

Authors: Merle Purre, Maris Pošlin, Kristiina Vall

## Sound of rain

**Purpose:** make the participants aware of the emotions and about how they can change it defining and intensifying emotions.

**Number of people in the group it is suitable for:** 12-36

**Duration:** 15 min

**Room – Material:** spacious room (indoors because of the sound acoustics)

### Instructions to the participants:

- Stand in a circle.
- Close your eyes. Take a deep breath, hold it, and exhale. Be aware of your present state
- I am going to tell you a story (write a story for yourself about a beautiful rainforest and that the participants go there). Tell/read it slowly, in a low voice.
- Open your eyes and one by one start rubbing your palms in clockwise direction. Continue with fingers, then whole hands, then legs etc.
- A rainforest sound is formed.
- After the peak, built it down – the ones who started with rubbing palms go back from stamping legs to clapping on the laps, from clapping on the laps to clapping with whole hands etc.



### Reflection questions after the activity:

1. What happened?
2. How did you feel? How did it affect you?

Authors: Dina Balic, Stefani Ruseva Chatalbasheva, Velina Draganova, Kiril Spasov, Anna Marija Berzina

## Focus on focus

**Purpose:** Improve the concentration of each group member individually

**Number of people in the group it is suitable for:** 20-30 working in groups of 3-5

**Duration:** 40 minutes

**Room – Material:** big room without disturbing factors

**Music:** ocean/river sounds with changing rhythm

**Instructions to the assistants:**

- help with the demonstration
- take the time
- switch on/off music
- clap your hands

**Instructions to the participants:**

- Form a circle and observe each other's body language.
- Then when you feel ready, slowly start walking backwards find a comfortable distance and keep the circle.
- One person makes movements, and everybody is mirroring that person.
- Spread further walking backwards and each mirror a different person from the group. Feel free to use your whole body.
- Walk around the room in silence keep the focus on your group members. Stop when you hear hands clapping. Start mirroring one of your group member, but not the one who is mirroring you.
- Start walking again, after clap stop and start to mirror the person on your right.

**Reflection questions after the activity:**

1. How do you feel?
2. Where was your focus?
3. How did you keep the focus?
4. Did you lose it? How? How did you feel?
5. What helped to bring it back?
6. What did you observe?

Authors: Dina Balic, Stefani Ruseva Chatalbasheva, Velina Draganova, Kiril Spasov, Anna Marija Berzina



## Learning principles

**Purpose:** setting the mood for start of the project, learning principles in project

**Number of people in the group it is suitable for:** 4 and more

**Duration:** 15-20 minutes

**Room – Material:** outdoors or indoors

**Music:** no music, or soft background music

### Instructions to the participants:

- roll on a floor
- form a circle and pull each other's hands
- pinch yourself all over your body like you have no idea what body is
- laugh, laugh, laugh
- walk around the room and try to surprise everyone who you approach
- repeat once more after you have explained the learning principles:
  1. Choose to go along with the training
  2. Be curious. Pull everything out of the trainers, participants and members of your group
  3. Consider everything as an experiment
  4. Be happy, enjoy yourself, have fun. It is lighter than you think
  5. Allow yourself to be surprised and let others surprise you



### Reflection:

After making smaller groups (reflection/support)

- Choose one principle that could be challenging to you and you want to work on overcoming it.
- How do you think you will work on it?
- How can the other people in the small group support you with overcoming the challenge?

Authors: Matea Klasić, Kosmas Subashi

## Mirror, mirror on the wall

**Purpose:** create awareness of yourself, see how comfortable you feel with yourself when there is no one to judge or agree with you

**Number of people in the group it is suitable for:** individual or group process

**Duration:** 35-45 minutes

**Room – Material:** empty room, questionnaires for self-reflection

**Instructions to the assistants:** after video making and watching, give out questionnaires for self-reflection

### Instructions to the participants:

- This is an individual process.



- In a few moments you can leave this room to find yourself a private spot.
- Your assignment is to take your phone or camera and make 2 videos.
- In the first one, we ask you that you talk to yourself for 30 seconds in your native language.
- In the second one, we ask you to talk to yourself for 30 seconds in English.
- You can talk about whatever you want, this video will be just for your eyes.
- After making videos, watch them once or few times and observe yourself.
- We meet in training room back in 20 min – we will sound a bell or music when the time is over.

**Reflection:** every participant gets a questionnaire for self-reflection

1. What did you talk about in first video and what did you talk about in second one? Is there a difference?
2. How did you feel talking to yourself in native language and in English?
3. Was it easy to talk to yourself? Did you feel comfortable?
4. What did you observe about yourself (gestures, mimics, tone, volume, speed of talking, etc.)? Did you notice some movement or word that you were repeating?

Authors: Matea Klasić, Kosmas Subashi

## Awareness through movement

**Purpose:** getting awareness of influence of our habits on our body and senses

**Number of people in the group it is suitable for:** 10 or more

**Duration:** 45-60 minutes

**Room – Material:** activity is suitable both for indoor and outdoor, you can use objects if you wish (light and not too small or too big)

**Music:** no music, just 2-3 sounds (for example: cat meow, explosion, chatter, wind, etc.)

**Instructions to the assistants:** play the sounds, walk between participants (with or without object)

### Instructions to the participants:

- take your mobile phones and keep them with you
- start walking around the room, relax, breathe
- (After 3 min): take phones in your hands and use them – check Facebook, Twitter, Instagram, all your notifications, and check pictures. Do what you usually do on your phone
- (after 3 min): now stop using your phone and freeze in the pose you are
- Observe your body – how do you sit or stand, do you feel your body, which part you feel the most, how do you feel in this posture?
- Ask the whole group about objects and sounds that were brought around and played – who noticed, what and when?

### Reflection: divided in smaller groups

1. How did you feel when you got awareness of your body, when you observed it?
2. While using phone, what did you observe in your surroundings?
3. From 1 – 10, rate how much you were aware of your surroundings. Explain.
4. From 1 – 10, rate how much you were aware of your body and your thoughts. Explain.



Authors: Matea Klasić, Kosmas Subashi







# BODY&SOUL

## **Photo credits:**

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## **Contact us**

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