Body Alphabet

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bodywork

30-50 mins

N° of pax 1-20

indoors

PURPOSE

BODY AWARENESS

- encourage new movement possibilities and choices
- support creative thinking about the body
- a conflict resolution tool for the body

MATERIALS

- background music

PREPARATION

* Advise the participants to work with movements within the range of comfort, and exercise can be done with the eyes closed as well.

INTRO

* This is a body discovery exercise, encourage participants to be interested in how their body can move and its range of possibilities. This is also a good warm-up exercise for the body with the focus on the joints.

STEPS

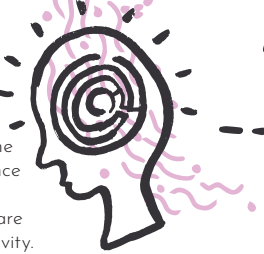
1. The facilitator tells the participants to spread in a circle able to move the arms and legs without touching anyone else. Then with background music on he/she asks the participants to take a few deep breaths to bring attention to the body.

2. After, ask everyone to imagine the whole body is an alphabet, being each body part & joint a letter in the "Body Alphabet". Discover the full range of movement possibilities for all the different parts of the body. The movement does not have to be large, "less is more", since it is about lubricating the joints while staying in the same place:

- (2 min) Begin at the fingertips and start exploring them with movement becoming aware of the joints involved.
- (2 min each body part) Take the movement exploration into the wrists, the elbows, the shoulders, then the neck, head, ribs, belly, pelvis, hips, upper legs, knees, lower legs, ankles and feet.

3. (15 min) Once complete, begin to move into a free dance through the space, moving all the body parts simultaneously. Say 'hello' to the other movers through your body alphabet dance as you move.

4. Participants gather into a closing circle to share anything they noticed and to reflect on the activity.



REFLECTION

- How did you feel during the different parts of the activity?
- What did you discover about your body and movement?
- How do you think this activity contributes to resilience building?

COMMENTS

- Variation 1: Start on the floor with eyes closed and begin the movement exploration from the feet.
- Variation 2: Divide the participants into 2 groups in the space, then everyone identifies their partner in the opposite group and move with all the body parts as if in conversation.Choose whether to allow your movements to be influenced or not by your partner. Share with your partner what you experienced.
- Working with the joints of the body can solve a muscular system conflict by activating physical choices through the muscles and joint system of the body.