BONE TOUCH

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N° of pax 2-20

indoors

2-3 hours

bodywork

PURPOSE

DEVELOPS BODY-MIND CONNECTION

- supports self-awareness and self-definition
- develops the kinaesthetic sense
- supports physical awareness of the structure of the body.

MATERIALS

- simple anatomical picture of the skeleton
- mat, blanket and cushions

PREPARATION

- It's important in any touch exercise that the participant feels comfortable with contact, touch and is open and willing to explore the body through touch.
- It's very helpful to feel the bones on yourself before you begin to trace the bones on someone else.

INTRO

This is a body work activity about bone tracing for developing body mind awareness

STEPS

The facilitator first demonstrates the activity shortly with one participant. Then he/she invites the participants to form pairs and choose who will be the receiver (B) and the Giver (A):

1. (40 min) Partner roles: • The receiver B decides which part of the body he/she would like their partner to explore through bone touch - the head and face, collar bone, shoulders, arms, hands, ribs, knees, ankles, feet are the areas in which someone can easily feel the bones. Then settle himself/herself into a comfortable position either sitting or lying down. • The giver A rubs hands together to bring some heat into his/her palms and with thumbs, presses into each fingertip - both hands simultaneously. It is important to find a quality of touch that feels as much as possible like bone on bone, eyes can be closed, and let the fingers explore the shape and contours of the bones, balancing the right and left side.

2. (10 min) After, the receiver B moves freely noticing any body sensations that emerge, the giver witnesses the mover. The witness may choose to also move as a way to integrate the experience of touching.

3. (10 min) Share the experience with your partner.

4. (40 min) Change the roles of giver & receiver with your partner and repeat the exercise.

5. The facilitator invites the participants to gather in a circle to share and reflect on the experience of the activity



REFLECTION

- What benefits did you discover from bone tracing as a giver? And as a receiver?
- What body part was calling to be traced?
- How do you think this activity can contribute to resilience building?

COMMENTS

- This activity is similar to the Self Directed Learning (SDL) Bone Tracing and it can be done in a combination with it.
- If participants do not want to receive touch from another person, they can do the individual SDL Bone Tracing activity.
- The Bones are slightly porous, so with a still, direct contact you can imagine sinking your fingers a little into the surface of the bone.