# LEAF AND WIND

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N° of pax 2-20

indoors | outdoors

30-60 mins

bodywork | movement

## PURPOSE

RELATIONSHIP PLAY

- creative movement
- kinesthetic senses awareness
- spontaneous decision making

## MATERIALS

- comfortable clothes

## PREPARATION

- clear the space (outdoor or indoor)
- Facilitators demonstrate the exercise first and track the group. If someone does not feel safe with touch, they can explore being the wind or leaf with an imaginary partner.

## INTRO

This is a movement exercise in pairs to practice relationship aspects through listening, play and creativity.

## STEPS

The facilitator asks the participants to organize in pairs and to choose who will be partner A (mover) and who will be partner B (giver). The facilitator asks:

- A: to close their eyes and imagine they are a leaf on a tree
- B: to keep the eyes open and Imagine they are the wind moving through the tree
- Both: to take a few breaths to connect to their center, standing with feet shoulder width apart, soft legs, released shoulders

**1.** (5 MIN) The facilitator now asks:

- B: to offer a "brush stroke" impulse with your hands along the surface of A's arm, as if you are the wind moving through the branches of a tree.
- A: To respond to this impulse by moving your arm, inspired by the quality, speed and tone of the impulse you receive. Be mindful not to answer with more movement than the impulse leads to
- B: When A is back to stillness, you can keep creatively finding different ways to offer "brush stroke" impulses. Be clear to only offer 1 impulse direction on 1 body part at a time. Let A's movement come to a pause before offering another impulse.

**2.** (10 MIN) The facilitator invites both to develop the leaf wind dance by moving through space:

- A: Open your eyes as you begin to move more out into the space
- B: for your partner's safety be mindful of how you direct your impulses
- A&B: a creative movement play of your leaf and wind dance. (3-5min)

**3.** (5 MIN)Then, the facilitator asks:

- A: to move on their own influenced by the kinetic memory of the touch they have received.
- B witnesses and supports A's movement
- A:Slowly bring the dance to a close.

**4.** partners change roles without any dialogue and repeat the exercise.

**5.** (10 MIN) sharing experience of moving as the Wind and the Leaf.



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## REFLECTION

- How was this activity for you as an individual, to both give and receive?
- What did you learn, observe about yourself as a giver/mover?
- How can this exercise support you to be more resilient in other situations in your life?

## COMMENTS

• As this is a movement and touch based exercise, participants should be comfortable with both these activities. • The touch quality, it should be a brush stroke, not too hard and equally not too light, so that the partner can feel the clarity of the direction of the touch.