MOVEMENT EXPLORATION AND WEIGHT

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indoors | outdoors

N° of pax 2-20

bodywork

3 hours

PURPOSE

- develops the kinesthetic awareness
- encourages imagination
- develops play between partners

MATERIALS

- good quality, medium size balloons
- art paper
- oil pastels

PREPARATION

- Prepare 1 Water Balloon for 2 people, filled 1/2 full with around 1 kg water.
- The facilitator should demonstrate how to place the balloons on the body.
- Be mindful to always pick the balloon up from underneath.

INTRO

This is a dance of weight, breath and awareness with the support of water filled balloons. It allows your bodies to be inspired by the experience and create a final drawing about it.

STEPS

As a start the facilitator demonstrates with a partner the different aspects of the process.

1. (10 min) Moving balloons on partner's body.Participants work in pairs deciding who is A – receiver / B – giver./• A: Take a few minutes to settle comfortably lying on your belly. • B: Carefully place a water balloon on A's back. • A: Notice how it feels to receive this weight. Take 3 breaths allowing yourself to become accustomed to the weight. • B: Gently roll the balloon to another area of the body. /Repeat the process, slowly rolling the balloon to different areas of the body./• A: track the balloon as it travels, taking a few deep breaths into each area of contact. Include the arms and legs.

2. (5 min) move with balloon moving./ • A: begin to move continuously, mindful to offer surfaces that B can rest the balloon on. • B: roll the balloon onto the changing uppermost surfaces of the body • B: gently roll the balloon off A's body.

3. (5 min) Move on own/witness • A: move on your own, eyes closed, influenced by the body memory of the experience. • B: witnesses and makes sure A: is safe from contact with another body or the walls.



4. (5 min) move together/ • A: open your eyes and continue to move. • B: join in the movement as if having a movement conversation.

5. (5-7 min) Feedback dialogue: share how this experience was for you.

6. (30 min) Change roles and repeat the exercise.

7. (20 min) Create a drawing that represents your experience

8. (5 min) Share your drawing and any resources you discovered.

9. Closing circle. Each participant shares their drawings and some key qualities they have discovered from the experience.

REFLECTION

- What was your experience?
- What did you learn about yourself as a giver or receiver?
- What resources did you discover that can support you with resilience?

COMMENTS

- This activity can be done as a continuation of the **Water Air Dance** Arc.
- Always get permission from both partners that they are okay with being touched and having a balloon placed on their body.
- The facilitator should be aware of gender and safety issues regarding contact, intimacy and respect before using the exercise.