



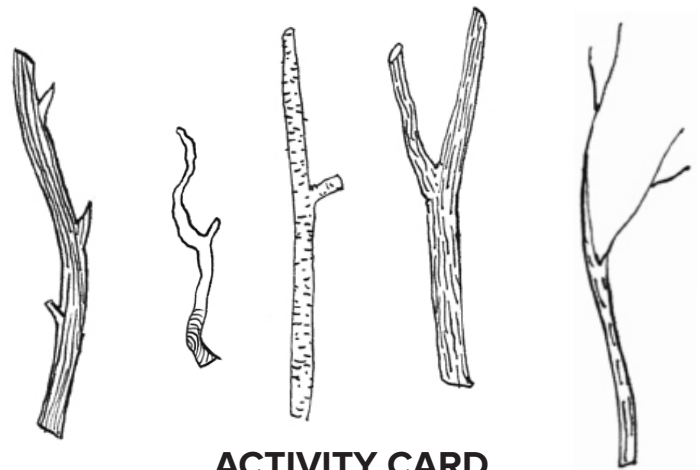
ACTIVITY CARD



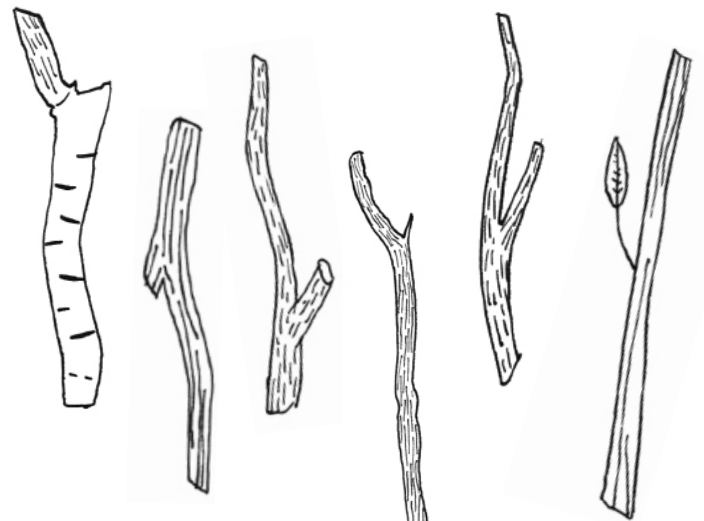
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RHYTHMIC STRUCTURES

Place yourself in pairs in two lines, facing each other. The two lines will follow two different rhythmic structures, one keeping the rhythm structure in three beats, the other the rhythm structure in four beats. Keeping the same beat, the two rows sent together. The structure for three beats twice on the legs and the third beat is with the hands, the structure for four beats three times on the legs and the third beat with the hands. On the 12th beat, the two structures meet and clap their hands with the person in front.

Reflect on the dynamic:

It allows participants to experiment with the challenge to create a structure that works and is harmonious, including diversity and complexity.

Move 3 steps forward in the structure and practice layers!

REACH YOUR POINT

People arrange themselves in different parts of the room. Everyone puts their intent to reach a specific point of the room, crossing the space, at the same time. Participants are invited to try to reach the point in 2 different ways: first as quickly as possible, choosing the shortest route, without being distracted by other people or things. I repeat it three times, choosing a different point each time, and I see what happens, especially in the moments when something or someone prevents me from continuing or slows down my path. Then I repeat the exercise but I don't choose the quickest and shortest way, instead, I enjoy all the interactions, trusting that sooner or later I will reach my point. Participants repeat this three times and reflect on what happened.

Reflect on the dynamic:

How did you feel during the first dynamic? Did you get frustrated being prevented to follow your path or slowed down by other participants? And during the second dynamic? did you have fun, did you manage to be in trust?

Move 3 steps forward in the intention and practice layers!

THE MIRROR

In pairs, one in front of the other, participants decide who guides first. By making very slow and simple movements, the two people move doing exactly the same movement, as if they were in front of a mirror. After about one minute the guide changes, while whoever has driven before now follows. Then, after one more minute, the experience is repeated without knowing who is driving, the guide passes smoothly from one person to another.

Reflect on the dynamic:

Think about what happened: how did you feel following another person's intention, how do you communicate yours? Do I allow people to follow me? How can we nurture a common purpose?

Move 3 steps forward in the intention and practice layers!

COMMUNICATION

Find a partner. Make a two-step greeting (examples of steps: handshake, pound it, high five, snap, be creative). Practice, make sure both partners know the steps, and can teach it to someone else. Find a new partner (both people). Show each other previously learned greeting steps. Repeat three times.

Reflect on the dynamic:

It will create good energy among participants and increase the group identity!

Move 3 steps forward in the community and practice layers!

MESSAGE CIRCLE

Make a circle, turn to the right, gently massage the shoulders and back of the person in front of you for 1 minute. Thank each other at the end of the exercise.

Reflect on the dynamic:

Do you feel better now? Taking care of yourself and others is a basic way to create community!

Move 2 steps forward in the community and practice layers!

DIFFERENT STRUCTURES

Stand up and hold hands in a circle.

Without talking, create an equilateral triangle. Then create a square. Then a circle.

Reflect on the dynamic:

How did you feel during the dynamic? Did you struggle with non verbal communication? Is your group strong enough to reach a goal in a challenging way?

Move 2 steps forward in the structure and practice layers!

FIND THE DETAIL

Have a good look at each other. Then close your eyes and change something in your exterior appearance. The person who draws the card counts to 15 loudly. Open the eyes again and find what's changed in other people's appearance.

Reflect on the dynamic:

What do you think is an observation about? Why do you think it is important?

Move 3 steps forward in the individual and practice layers!

MOVE AS A WHOLE

Walk slowly around the room for 2 minutes, looking around. When someone stops all the group stops, feeling the group, when someone starts walking again all the group follows. Also, be aware of walk speed.

Reflect on the dynamic:

Sometimes we run in our daily life and we forget to "feel" the group and people around us. This activity allows us to train our sixth sense, our presence, and the group connection!

Move 3 steps forward in the community and practice layers!

GROUP ALIGNMENT

The goal is to count to 8 (or to the double number of members in the group.) Only one person may say one number at a time. If two people speak at the same time, even for the slightest moment, the group must start over at number 1. The group has succeeded when they have counted up to the set number.

Reflect on the dynamic:

This activity allows participants to practice deep listening among the group, feeling the group field, and understanding where is your place in it.

Move 3 steps forward in the individual and practice layers!

GUESS THE LEADER

One person leaves the room, others choose the 'leader' of a group. The leader does different movements (clapping, jumping, dancing...) and the group follows. The person outside the room returns to the room and needs to guess who is the leader. When the guess is correct, the 'leader' goes out and the group chooses a new leader.

Reflect on th dynamic:

How did you feel as a leader? How did you feel in the follower position? Was the group "performance" harmonious and cohesive?

Move 2 steps forward in the structure and practice layers!

PASS THE WORD

Hold hands. One person starts to send signal by squeezing the hand of the person on either side. When the person gets the squeeze, he/she resends the signal forward and so on, until the signal travels through the whole circle for 3 times.

Reflect on the dynamic:

This is a funny way to change energy, move the body after being sitting for a while, having fun and creating a group feeling.

Move 2 steps forward in the community and practice layers!

THREE TRUTHS AND ONE LIE

Tell four facts about yourself to the group. Three facts are true and one fact is a lie. The group needs to find out what is a lie

Reflect on the dynamic:

Did you enjoy it? How many new things did you learn about other participants? To become a community it is important to get familiar with each other and to share a good time together!

Move 2 steps forward in the individual and practice layers!

BLIND SHAPES

Stand up and hold hands in a circle. Close your eyes.

With eyes closed, create an equilateral triangle.
When you think you did it, open your eyes and check.

Then close your eyes again and create a square.
Open your eyes and check.

Close your eyes and create a circle.
Open your eyes and check.

Reflect on the dynamic:

Did you feel safe? Did you trust the group? To build a real sense of group we must learn trusting and feeling others, then we can reach our goals together!.

Move 3 steps forward in the structure and practice layers!

EVEN BETTER THAN...

One person says why it is great to work on this game intention. (example: planting trees is great because in that way we'll have better air quality)

Then the next person continues by saying:
"Even better than... (repeats what the previous person said)" ... and continues with another reason why it is great to work on this game intention.
(example: Even better than air quality, planting trees is great because it helps with climate)

Continue until all players have spoken.

Reflect on the dynamic:

Building a common intention is a collective creation, the sum of all personal intentions is much more than a simple arithmetic function, it depends on trusting and using collective intelligence!

Move 2 steps forward in the intention and practice layers!

THE CLOUD

The group is positioned at a certain point in the room and together chooses the point where it wants to arrive. With eyes closed, standing up next to each other, without ever losing physical contact, rolling on one another, trying to reach the set goal.

Reflect on the dynamic:

What happened? Did you manage to stay together or someone has been lost?

If the group went in the wrong direction, how did you feel?

Even when the common intention is clear or declared and it looks easy to reach...on the way you realize that maybe it was not as simple as you thought!

Move 2 steps forward in the intention and practice layers!

I LOVE MYSELF

Takes 2 minutes. Each player needs to do something nice for themselves (stretch, lay down, close the eyes...).

Reflect on the dynamic:

To change the world we must be united and cooperative with others, to be in a group and reach great goals first we have to learn to take care of ourselves!

Move 2 steps forward in the individual and practice layers!