

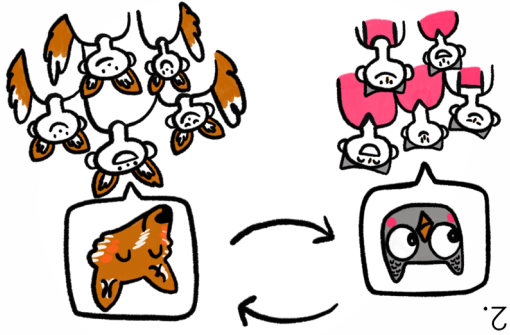
# Body & Ears

## the foxes & the owls

English



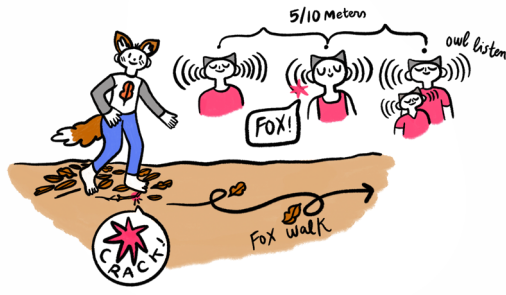
**STEP 1:** introduce the powers of the owl and the foxes. The fox is a master of invisibility with his silent walk. The owl is a master in listening in 2 different directions at the same time and at 360 degrees. Clarify that this is not a predator / prey game. All animals are aware of each other in a respectful manner. This exercise is about practicing our senses but also understanding nature as a giant web of interconnections between a large number of species.



**STEP 2 :** Split into 2 groups: the owls and the foxes. Place the owls at a minimum distance of 3 to 5 meters from each other to create a network of ears. Teach the foxes "the fox walk" technique (you will find resources online explaining this technique used by indigenous people and trackers) if the terrain is soft, the foxes can try with and without shoes, to feel the difference. The foxes will have to cross the corresponding territory covered by the owls.



**STEP 3 :** Explain the rules "Owls you have to keep your eyes closed and listen carefully. If you are hearing a fox, say aloud "fox" or "Hou Hooouu" one time. Now foxes, cross the forest in the most silent way possible, take your time.



**STEP 5:** Invite people to sit in a circle and comment on the feeling of becoming an owl and a fox and their sense of awareness of space and the others. What animal do they prefer to play and why ?



**STEP 6 :** Invite the players to become now and then one of these animals in their daily life and practice the art of deep listening and invisibility. Invite them to learn about their intelligence and the intelligence of nature at large as the ultimate great teacher.



**STEP 7 :** Propose the discovery of a mobile phone apps: - Merlin Bird, to recognize birds by their songs (merlin.allaboutbirds.org/sound-id/)

**STEP 4 :** Change the roles at the end of the practice.

