

## **NOF toolkit No one Forgotten Practice Hope Art 05**

### **Title: "BODY SPEECH AND LIMITATIONS (EXPRESSION)**

**Duration:** 60 minutes

The aim of the activity is to realize there are other ways of expressing ourselves and connect with others, rather than just an intellect or verbal expression. With this activity we help the body to retune with the inner wisdom that carries and takes the lead role in communication. That leads to a deeper connection which goes far beyond simple communication and it is usually limited by the use of words.

**Step 1:** Form pairs. The partners face each other, and the trainer identifies them as A and B. A suggests a movement in relation to person B. Then B, using wide open senses, "receives" the movement and after 15 sec, responds with his own movement according to the feeling that he received. The participants observe their feelings, the tension, their limitations, their doubts etc. Each couple shares the experience with the whole team.

**Step 2:** The exercise has many levels of difficulty: The procedure can be repeated with 4 participants (2 couples). The trainer can choose partners that are already working a scene together and ask them to play the scene without words, only using with their bodies. (\*)

**Step 3:** The couples share their experience with the team in terms of self-observation (feelings, thoughts etc). The procedure can be repeated with the whole team as a warm up. In this case, the order in which someone suggests a movement is not determined by the trainer, but through the team's connection using senses awareness and the current of the "collective soul" of the team.

**Reflecting procedure:** 20 minutes

**Important notice:** (\*) It is necessary to be emphasized by the trainer that the movement should not describe the scene.

- The movement has to be described using our bodies, the movement needs to respond within the context of the role, without the movement becoming descriptive.



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