

NOF toolkit No one Forgotten Practice Hope Art 06

Title: "TONE OF VOICE SOUL MEETING" (EXPRESSION AND SENSES AWARENESS)

Duration: 30 minutes

The aim of the activity is to introduce us to a new perspective of human connection based on the tone of our voices. When we talk about expression, we can mean many different things. In our approach, we suggest training in three different fields of expression. **Speech** by using words (sharing), which is more related to the skills of generosity and vulnerability. **Body** expression as a mean of human connection and interaction. **Tone of voice** as the main vehicle for connection. Sometimes the most important thing is not what we say, but what others receive by listening to the sound of our voice. Voice is nothing else but the imprint of our soul and our unique spirit.

Step 1: Form pairs. The partners stand 3 meters apart without facing each other. After the trainer's "cue" (signal), the participants start using their voice (an O which is formed at the base of the larynx and not on the lips). Without any directions from the trainer, the couple decide together when to turn around and face each other and then, when to open their eyes.

Step 2: The connection now is empowered through eye contact **and** voice resonance. Then the couple, without any direction from the trainer, starts to walk towards each other, without losing eye contact and voice resonance. When they reach each other, they extend their palms.

Step 3: The right palm faces the floor, while the left palm faces the ceiling. Then they start holding each other's palms. Now the connection is even more empowered adding the sense of touch. The couples stay in this position, maintaining the 3 paths of connecting, through voice/eyes/touch, without a time limit. The exercise is completed by the joint decision of the participants (of course without any verbal communication) when they feel that connection has been achieved to the maximum possible extent.

Step 4: Each couple shares the "connection experience" with the whole team.

Reflecting procedure: 20 minutes



Co-funded by
the European Union



NOONEFORGOTTEN.EU

The "Art of Connection" as a methodology for artists with and without disabilities © 2024 by Hopeart , Voarte, Supercluster, Abana, Action Synergy is licensed under CC BY-NC-ND 4.0. To view a copy of this license, visit <http://creativecommons.org/licenses/by-nc-nd/4.0/>