

3 EXERCISES.

All are done without words, possibly set to music. Only the facilitator speaks when giving instructions.

Passing the gaze around

- Sit or stand in a circle..
- One person starts by making eye contact with the person next to them.
- When you feel that your gaze has been met, pass it on to the next person.

The Chair Game

- Round 1: Sit or stand in a circle. Person 1 stands up from their chair (or walks over if standing), chooses person 2, and walks over to them - as an invitation for that person to stand up. Person 1 takes person 2's seat. Person 2 walks over to someone else.
- Round 2: Once you make eye contact and are chosen, stand up immediately to pick up the pace.
- Round 3: The facilitator sends one person, then two more, by tapping them on the back, so there are many people moving and everyone must pay close attention to each other. It becomes a kind of dance.

Sitting Down and Standing Up

- Round 1: Sit or stand in a circle. The facilitator asks everyone to stand up. Then, they ask everyone to sit down. Repeat. If you are standing, squat down.
- Round 2: The facilitator says: There must always be two people sitting down (the rest remain standing). You control this yourselves. You take turns being the two who sit down, so if one of the two sitting down stands up, another must sit down. This means that if five sit down, more must stand up, and so on.
- Round 3: The facilitator says: Now there are five who must stand up.
- Round 4: The facilitator says: Now 7 people must sit down.
- You can create several variations of this.