

HANDBOOK FOR TEACHERS

ART FOR WELLBEING IN THE CLASSROOM

BALANCE THE SPACE

Good for	Exploring solo, duo and group movement Connecting with others Whole class / 10 -15 people
Length	15 mins
Resources	Need a large, open space
Actions	<p>The leader invites the group to listen carefully to her instructions:</p> <ul style="list-style-type: none">• <i>You will be moving around this space in different directions.</i>• <i>Begin walking around. Don't look at anyone else.</i>• The leader claps, and says "Change direction".• If you see that everyone is going in the same direction, clap again and say change direction.• <i>Weave in and out. Keep moving, be aware of each other.</i>• <i>Don't touch, connect with, speak to, or make eye contact with anyone.</i>• <i>Keep at equal distance from each other</i> <p>Then try...</p> <ul style="list-style-type: none">• <i>Move slightly faster! Pick up the pace. You are late! Be aware of others in the room. You need to get around them. Remember not to touch or look at anyone.</i>• <i>Now slow your walking down. Begin to walk at your own natural pace. Notice how different you feel when you are not rushing. You want to keep moving forward, but you don't have to worry about being late. Notice how it feels not to be worried about being late.</i>
Tips	If the space is very big set some boundaries
Variation	-

