

DEVELOP SELF-CONFIDENCE ...

MY SAFE SPACE

Ask people to take 5 minutes to think of a place where they feel particularly safe and relaxed. This can be a real place they have been to or an imaginary place. When they are ready, invite them to get into a comfortable position. Then begin to read the following instructions in a very quiet voice. Leave about a 10-second pause between each sentence.

"Now close your eyes and let my voice guide you. Begin to take a deep breath. Breathe in ... relax your feet and legs, and exhale."

[Pause]

"Breathe in... relax all the muscles in your back and abdomen ... and exhale."

[Pause]

"Breathe in... Relax your arms, shoulders and neck ... and exhale."

[Pause]

"Breathe in... Listen to your body, feel the fresh air coming in, relax all muscles... Breathe out, emptying your lungs completely."

[Pause]

"You are in a place in which you feel especially safe. Use your 5 senses: see what is around you, try to focus and see every detail."

[Pause]

"Pay attention to your hands, your legs, your skin. Focus on your sensations."

[Pause]

"Smell the smells that surround you in this place and breathe deeply."

[Pause]

"Listen to the sounds around you."

[Pause]

"Now take a few minutes and enjoy this moment of relaxation and safety."

[Pause for 1 minute]

"Now begin to wake up the body; gently wake up your feet. Make gentle movements, feel what your body needs."

[Pause]

"your legs."

[Pause]

"Your arms"

[Pause] "Your neck

" your neck "

[Pause]

"Now open your eyes".

... AND TO THE OTHERS TO GUIDE, TO BE GUIDED/ 01

Divide the group in half. People in the first half are designated as "guides" and stand on one side of the room. The other half of the group spreads out in the space, closes their eyes, and is called the "mentee". Each guide makes physical contact with a mentee (e.g., by holding the mentee's shoulders) and accompanies the mentee as he or she walks three to ten metres. Repeat several times, asking the guides to choose a new mentee each time. After 5 to 10 minutes, the mentees become the guides and vice versa. Be careful, the mentees only open their eyes when the roles change!





TO GUIDE, TO BE GUIDED / 02

Invite people to work in pairs. If they agree, ask them to stand side by side and press their forearms against each other. The contact should be comfortable, but fairly stable. One person guides the other who has their eyes closed. The guides direct their partner in space. Then the roles are reversed.



CIRCLE OF MESSAGES

Make sure everyone agrees to be touched on the neck, shoulders and back. Invite participants to massage in a caring and gentle way. Make a circle. Every other person steps forward into the circle. In this way, two circles are formed: an outer circle (the masseurs) and an inner circle (the people being massaged). The people being massaged face the centre of the circle and close their eyes. From this point on, everyone is silent and the masseurs communicate through signs. Each masseur stands behind the back of a person being massaged, so that pairs are created. The masseurs begin the massages. Two to three minutes later, at the same time, the masseurs move one person to the right, so that they are massaging someone new. Make as many changes as you like. The goal is to keep the people being massaged from guessing the identity of the masseurs. When the massages are over, change the roles: the masseurs become the people being massaged and vice versa. Accompany the activity with relaxing music.



SHOWER IN TRIOS

Form trios. People explain to their partners which parts of the body they are willing to be touched in a massage. Then, the first person stands in the middle with his or her eyes closed and receives a 3-4 minute "shower". On each side, partners pat their shoulders, massage their arms, etc. Repeat until everyone has received a massage. Accompany the activity with relaxing music.

