



# RELAXING GAME

These activities aim to lower participants' stress and can be particularly efficient before public speaking.

## ① Listening to the world

Ask the participants to sit or lie down in a place where they feel comfortable. They close their eyes. Give them the following instructions in a soft and calm voice:

### **\*\*1st step**

Listen to the sounds of your body, beginning with your head. Then your eyes. Your cheeks. Your neck. Your chest. Your stomach. Your arms. Each of your fingers. Your legs and your toes.

### **\*\*2nd step**

Listen to the sounds in the room. Try to hear the person next to you, their breathing, their breath. Then try to hear the sounds the other participants make. Try to listen outside the door, towards the corridor, the stairs leading to the ground floor, the garden, the street. Every 5 seconds, try to hear further and further.

Then, invite the participants to listen again to the sounds of their bodies. Then ask them to open their eyes slowly.

## ② The red ball

Invite the participants to sit comfortably on a chair. Ask them to let their arms hang at their sides and to close their eyes. Then, ask them to take a deep breath, focusing on the movements of their diaphragm, at each inhalation and exhalation. When they breathe in, the participants have to focus on the air passing from their mouths to their lungs. They breathe out this air slowly and gently. Then, they imagine that there is a red ball of energy following this air. This red ball is then moving in their bodies. They have to feel free to move their body so that this red ball can move continuously. From the feet to the stomach. From the stomach to the hand, from the hand to the head, etc. Suggest them to finish with large movements as if to send the ball forward.