BALANCE THE RAFT

Metodo Integrato Marchio-Patti©

BY ASS. LA CITTÀ DEL SOLE



indoors | outdoors



N° of pax 10-20



group dynamic



20 mins

PURPOSE

GROUP COOPERATION

- training in proxemics
- analysis of non-verbal behaviour
- awareness of space

MATERIALS

- optional: various musics with different rhythms and speeds

PREPARATION

- The space chosen must be big enough for the moving group.

INTRO

This is an activity that started in theatre, but it can be very useful in helping a group develop good interaction skills, while respecting the needs of everyone. During this activity participants learn to observe everything that happens to them and to others, as every single movement is very important.

BALANCE THE RAFT

STEPS

1. The facilitator asks the members of the group to spread out evenly in the space. Then he/she helps the participants connect with themselves and their bodies on the spot.

2. The facilitator asks everyone to imagine that the entire space is a water raft, which needs to be kept in balance by the weight of everyone on it. So when people move, they should always try to fill the empty spaces, otherwise the raft will tip over and throw everyone in the water.

3. The activity begins by walking slowly in space, then the participants are asked to try out various speeds, until they run as if in a race. The facilitator randomly says „stop" and the participants should stop exactly at the point where they are at the moment and the group evaluates if the space is suitably balanced.After, stop participants should walk at the speed which they last used.



4. When walking, it is necessary to be aware of those who walk around us: do not collide and do not stop. The exercises should be done quietly. As they walk it is important to look into the eyes of those they meet.

5. Repeat this several times and make sure participants have time to notice the balance they created.

6. Gather the group and ask the group to think about how they worked towards a common goal.

REFLECTION

- How did you feel during the experience on the raft?
- How did the group work?
- How do you think this activity can lead to resilience building?

COMMENTS

Variations: • upon hearing „stop", everyone stops and then starts walking in a different direction • the image of the space used can be enriched by different contexts (eg: walking on the moon; move underwater; walking on hot sand; walking uphill or downhill, etc.) • or you can ask them to move as different animals (e.g.: walk like an ant; run like a leopard, move like a sloth, etc.).