I AM

Metodo Integrato Marchio-Patti©
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PURPOSE

INDIVIDUAL & GROUP IDENTITY

- develop mental and physical awareness
- strengthen the identity of the individual and of the group
- relaxation & recovery of energy

MATERIALS

none

INTRO

This is an activity of body awareness using sound and movement that is great fun, so it can be used simply as a game to release tension and re-energise. It's a type of activity that can serve to open and/or close any experience in a group.

PREPARATION

- In this activity it is important that the facilitator follows the body parts in order from feet to head, naming the parts joined together, without skipping from one body part to another that is not attached (for example passing from the feet to the pelvis)
- It is also important that he/she encourages the exploration of sound and movement by not giving specific instructions but inviting the participants into discovery.

STEPS

1. Sitting in a circle with the others, the facilitator guides the participants in a body awareness game, using sound and movement.

2. Then he/she guides them on their body awareness by saying: "Let's think of our body starting from our feet and ending with our head. We move our feet; what can I do to make my feet make a sound? We move our legs, what can I do to make my legs make a sound?" And so on up, naming all the parts of the body in order from bottom to top.

3. Once arriving at the head, the facilitator asks participants to imitate him/her, and says: "I start here and finish here", tapping feet first and then the head and vice versa.

4. At this point, everyone stands up, starting with the facilitator, one by one, and everyone says „I AM ..., I START HERE AND I FINISH HERE", pronouncing their name and tapping feet first and then the head. The rest of the group will call out „YOU ARE ...", saying the name.

I AM



REFLECTION

- How did you feel doing this activity?
- What body part did you like to „play" with most?
- How do you think this activity can contribute to resilience building?

COMMENTS

- Variation: After naming part of the body, he/she can associate the sound of a musical instrument to the body areas, so every time the facilitator plays an instrument, participants must move the corresponding part of the body.
- This type of activity can serve to open and/or close any experience in a group. It can be enhanced in many ways, depending on the facilitator's creativity and targets.
- This is a very adaptable and flexible activity, it can have different functions starting from the same basic concepts, depending on the objectives and the specific skills of the facilitator.