

Transformations:

Ask participants to mill around the room filling up all the space in the room. - Freeze: After a few moments ask them to “freeze” (Stop suddenly and hold the pose until you tell them to “walk”) Practice “freeze” and “walk” a few times. - Become a __: Now ask them to freeze and become (an image). After each image instruct them to “walk” again and then freeze for the next image. Start with easy images like: become a tree; tall grass in the breeze, a large rock, a sunflower on a bright day, then move onto more challenging imagery that evokes movement and emotion: a hungry puppy, an ice cream cone melting in the sun, a daisy in an ice storm, etc. - Mood walk: Ask participants to mill around the room and then call out different images to walk to: for example, walk as if you’re late for school, as if you have just been rejected by a friend, you just got the lead in the school play, you got straight A’s on your report card, you flunked a test, etc. Be sure to end on a positive image. When doing this exercise, be sure to start with easy images and move on as they loosen up. If you go straight for something too emotionally challenging you’ll lose group members from the start.