



BODY MOVEMENT EXERCISES

Adult Play and Improv
(adapted from the National Institute of
Play: <http://www.nifplay.org>)

SIDE BY SIDE
NUTRITION

Adapted from Alsana's Body Embrace Program

SIDE BY SIDE

NUTRITION

Objectives:

Play is the gateway to vitality. By its nature it is uniquely and intrinsically rewarding. It generates optimism, seeks out novelty, makes perseverance fun, leads to mastery, gives the immune system a bounce, fosters empathy and promotes a sense of belonging and community. Each person has a unique play personality ... when one remains in touch with it. ... when it is actualized, it empowers and brings pleasure to life. In an often-referred-to article on play in the Handbook of Child Psychology, Kenneth Rubin and his colleagues (1983) characterized play as behavior that is (a) intrinsically motivated; (b) focused on means rather than ends; (c) distinct from exploratory behavior; (d) nonliteral (involves pretense), (e) free from externally imposed rules; and (f) actively (not just passively) engaged in by the players.

Instructions:

Improv can be used in many ways. It can be a good place to challenge social anxiety or discomfort with being in your body. For others, it's a place to challenge core beliefs around spontaneity or allowing yourself to be goofy and playful. Some people find it's a break from the heavier content of other groups, a place to relax and unwind. Examples of Improv for body image:

Mirrors Improv Activity

Clients are separated into pairs for an exercise that trains sharing focus, taking focus and physical listening. One of the players in the pair begins to gradually move. The other player mirrors the movements of the other player. Initially one player is leading the other and then the lead switches. Eventually there is no way to tell which player is leading the exercise the focus is being shared rather than taken by one player or the other. The object is not to screw up the other player, but to make the reality of the mirror the priority.

SIDE BY SIDE

NUTRITION

Sound and Movement

We'll go around the circle and each person will make a sound and movement at the same time. When one person makes the sound/movement, the rest of us will mirror it back at the same time. Then the next person in the circle will go. And an extra challenge - try not to pre-plan what you're going to do. I am not inside your head and no one will know if you did or not, so just see what it's like. I'll start! (Lead the way with a big sound and movement, set the stage for others to feel ok being noise and goofy. Go around the circle twice).