

## Exercise #1 – Listening together, leading and following

Materials: Music, Music player, bamboo rods or sticks (easy to hold)

1. Make groups of two.
2. Hand out one rod/stick to each pair.

### **Instructions:**

- Close your eyes and have hold the stick with one finger each, one person on each end with enough tension to hold stick up between you.
- Listen to the music and begin to let one person lead with the other person following. Decide who will lead silently through touch.
- Continue to move and copy each other with your eyes closed, moving the stick between you.
- At some point silently make a decision to switch who leads and who follows.
- Make a point of switching four times. As the facilitator you may want to instruct them when to switch the first couple of times and then have them decide upon their own when to.
- Add to the challenge and made groups of three following the same guidelines. Now with one leader and two followers.
- Once again have them switch leaders, silently.
- Continue to add people for fun and interest.

The point of this exercise is to begin to emphasise that sometimes someone leads and someone follows and this shifts through our active conversations and relationships. It's not always one person leading with one person following. It's developing listening skills organically in a fun way.

[www.insideawareness.com](http://www.insideawareness.com)

-

[renee.consciouslearning@gmail.com](mailto:renee.consciouslearning@gmail.com),

Inspired by Moshe Feldenkrais, FGNA and Dr. Marshall Rosenberg, CNVC

