

Lesson #1: Love Birds Loose in CPE

Theme: Reaching (for ones's goals)

Useful idioms and expressions:

(google these expressions to find how they are used)

welcoming with open arms, out of reach, beyond reach, using elbow grease, getting your hands dirty, to chance one's arm, to give your right arm, more power to your elbow, to keep your finger on the pulse, to work your fingers to the bone

Cast of Characters:

Rio

Tomoyo

Martha

Sylvie

International Education counsellor

CPE DH

Other 059 Int ed students

Main Idea: Reaching (for your goals):

Consider how your assigned role-play character reaches out for what he/she wants the most, both within this scenario and within life in general.

Summary of audio lesson: (15 - 20 minutes)

- * lie on back and imagine sand print: where are the sand grooves the deepest?
- * lie on side (of your choice), legs and knees bent at 90 degrees, top arm along side
- * roll forward/where does movement begin? head, hips, shoulders?

- * roll backwards; where does movement start?
- * glue palm of hand to chest: start movement here forwards and back to center (repeat 3-4 times)
- * place palm of hand under bottom cheek, rest side of face in palm, start rolling from here (3-4 times)
- * place palm on top hip bone, start movement from here (3-4 times)
- * rest on back: check sand print; has it changed at all?
- * roll to other side: bend legs and knees 90 degrees, upper hand and arm along side
- * roll forward: where does movement begin? Same or different from other side?
- * roll backwards: where does movement begin? Same place as rolling forward?
- * place arms in front, elbows straight, palms together (arms outstretched one on top of the other, perpendicular to the rest of your body)
- * slide arms forward and back: where does movement begin?
- * slide arms forward and back (elbows straight) starting from shoulder
- * slide arms forward and back (elbows straight) starting from hips and pelvis
- * slide arms forward and back (elbows straight) starting from head
- * slide arms forward any way that you want? How are you reaching for something that you want? Are you using more parts of yourself now to get what you desire?
- * lie on back and rest: has the sand print changed?
- * slowly come to sitting and standing
- * walk around room now, with fresh awareness, noticing changes in posture, contact with feet on ground, relationship between movement of arms and legs, where your eyes are on the horizon (i.e in front, above eye level, below)

* lift your arms out in front of you as you walk; imagine you are reaching out for whatever you want.

Now, imagine your role-play character is walking towards you:

*Say hello to them. What is the quality of their voice when they say hello to you? (high or low voice, soft or loud, sweet or serious) Where are their eyes when they speak to you? (Do they look directly at you or away from you?)

*What does this person look like? (height, weight, hair color and style, facial features). What are they wearing? How are they walking: fast, slow, graceful, awkward, confident? How is their posture? Are they slumped over, head down, or chest uplifted, walking tall?

* How much do they swing their arms? What do their hands look like? Can you imagine this person reaching to get something from a cupboard, or picking up a puppy or a baby? How would they hold out their arms to embrace someone they love?

*Imagine what it would be like to walk around in their shoes? Really do this in your imagination; with as much detail as possible. Pretend that you have actually become your role-play character. Walk around the room as this person, feeling what it would be like to be that person. How do you (i.e the role play character) physically move towards your goals? How do you reach for what you really want in life? Go back and forth between being yourself and being your role-play character and see what emerges.

*You can even lay down in the imaginary sand, and envision what the sand print of your role-play character would look like?

Follow-up Journaling Activity:

You can turn to the section on general questions for your role-play characters before doing the journaling activity for Love Birds, or play with them afterwards, time permitting.

When you feel you have made enough contact with this character, sit down with a paper and pencil (how would your character sit in a chair?) and answer the following questions:

- 1) What does your role-play character want the most in life?
- 2) What might be stopping or limiting them?
- 3) What advice would you give to your role-play character about reaching for their goals more fully and effectively?
- 4) How might they receive this advice?

Optional questions:

- 5) Tell your role-play character what you want most in life. How does your role-play character view you?
- 6) Your role-play character gives you some advice about reaching more effectively for what you want. What is this advice?
- 7) How do you react to this advice?
- 8) Pretend that both yourself and your role-play character are sitting side by side in a room, and a desirable object that you both would like to have is on the other side of the room (for instance, a delicious meal or a new i pad, or a stack of thousand dollar bills). You both run to get this object.

Who gets there first? Why and how?

Throughout the day, notice how you physically reach for what you want, and consider how your role play character might also be reaching in their own way.