

Lesson #10: A Note From Hell

Theme: Finding/Receiving/Offering Support

Useful idioms and expressions:

(google these expressions to see how they are used)

to be a pillar of support, to be a tower of strength, to have a guardian angel, to lend moral support, to seek shelter from the storm, to take refuge (in someone or something), to lend a helping hand, to be there for someone, to be a rock (to/for someone), to find divine grace, to be a mountain of strength, to find strength in numbers

Cast of Characters:

Sharon

Ella

Ella's husband

CPE Department Head

3 students who dislike Ella

3 students who support Ella

VCC Guidance Counsellor

Student Union Representative

CBC News Reporter

Dean of VCC

Main Idea: What is the sources of support (both inner and outer)?

Summary of audio lesson: Active Imagination Exercise (15-20 minutes)

A Note to Students and Teachers: This audio lesson activity is most beneficial if you if you approach it with an open mind and a playful attitude.

*sit in chair

*scan posture from feet up: knees, legs, pressure on sitting bones, left and right ribs, chest, spine, shoulders, head, eyes, horizon

* notice support from chair, comfort level, where it feels pleasant, where it could be better/more supported

*Now, with your eyes closed, imagine that your own body becomes this chair. (all the cells of your body transform and your human body disappears)

* Observe in detail the nature of this chair (your chair body): style, colour, shape, size, material, condition. Do you have armrests, a high or low back? Are you worn out, in good shape, torn anywhere? Are your seams visible, well stitched, coming apart? Are there any food crumbs on you? Any scratches or stains from house pets?

* Is there anything under you, behind you, between any spaces?

* What is the most noticeable or distinguishing feature about your chair body?

* Your role play character comes into the room and walks towards you, intending to sit down

* notice their posture, manner and speed of walking, are they looking straight ahead, side to side, or around the room? How heavy are their footsteps?

* they sit down on you

- * notice their weight distribution: which parts of them rest most heavily?
- * Where do you/as chair, give support?
- * Where is there no support? Are there parts of you that don't lend support? Where do you protect yourself from their weight?
- * Do they lean more to one side than another?
- * Where do they feel stiff? Where do they sink into the chair?
- * How could you (the chair) be more comfortable for them?

Now, the role play character stands up and turns to face you.

- * They stand in front of you, looking down (i.e at the chair they have just been sitting on).
- * Observe their posture. Observe the expression in their face, their eyes.
- * They say something to you now. What do they say?
- * Watch them as they turn away from you, walk across the room and leave. Just as they go through the door, they say one last thing to you. What is it?
- * Let go of yourself as being a chair and return to being yourself, sitting in a chair.
- * Notice how the chair supports you, and what you would need to be more comfortable sitting here (be as specific and detailed as possible)

Follow-up Journaling Activity:

Sit down with a piece of paper and a pen and answer the following questions:

- 1) What kind of chair were you in the active imagination lesson?

- 2) What kind of chair might your role play character be? What does this say about their personality?
- 3) Your role-play character tells you what they need to feel supported in their current life situation. What do they say to you?
- 4) Advise your role-play character about one thing they could change in order to feel more supported (try to make practical suggestion).

Additional Activities

- 5) Imagine that as the role-play character, you have stepped into a time machine and find yourself changing back to what you were like as a little girl or boy in elementary school. How do you interact with the other children in your classes? What kind of a student are you? Are you generally happy, unhappy, outgoing, shy, etc?
- 6) Imagine that as the role-play character, you have stepped back into the time machine and move forward to where you are very old and close to dying, but fully conscious. Someone who has been very close to you is by your bedside. You tell them one thing that you wish you had done or not done in your life. What do you tell them?
- 7) You are the person who wrote the anti Semitic note to Ella. Who are you? Why did you write this note? What did you hope to accomplish from writing it?
- 8) Ella has received this "Note From Hell." Now, she receives a note from heaven from her guardian angel. What does this note say to her?

Throughout the day, notice from where, what and whom you receive support. It can be of any form: psychological, emotional, physical, professional, financial, spiritual etc. Also notice where,

when and to whom you offer support. Is there any connection between both offering and receiving support?