

## **Lesson #4: The Alex Issue**

Theme: Opening and Staying Open

### **Useful idioms and expressions:**

(google these expressions to find how they are used)

to be wide open, to leave the door open (to opportunities), to be an open book, to be open to possibilities, to have open eyes, open heart, and open mind, to throw oneself open to, to welcome with open arms

### **Cast of Characters:**

Alex

Cassie,

Jennifer

Lee

CPE Department head

**Main idea:** Remaining open to people, places and circumstances. Consider how much your assigned role-play character opens up or shuts down, both within this scenario and life in general

### **Summary of audio lesson: (15-20 minutes)**

- \* prepare roller (folding blanket in width and length)
- \* arrange floor mat
- \* stand: notice posture, contact with floor, what is open and what is closed.
- \* outstretch arms as if welcoming a beautiful sunset (how much can you open?)
- \* lie on back: notice contact with ground, where tension holds you up; what feels pleasant, unpleasant?
- \* with legs long and arms along side, feet together, bring toes up, heels on ground, like feet in standing
- \* bring feet back to resting, continue back and forth
- \* match with breathing, inhale as toes come back towards you, exhale when released
- \* notice how back flattens as toes come towards you
- \* move feet further apart, continue movement more quickly, rocking motion
- \* rest
- \* come onto roller (head at top, tail bone at bottom)
- \* stretch legs long, arms at side, palms up
- \* feet together, rock feet back and forth like before

- \* bend knees, balance
- \* arms resting on ground at 45 degrees, palms up
- \* roll body to right (a few centimeters), let head go to left
- \* roll back to center of roller
- \* repeat (3-4 times), notice where movement begins
- \* roll body to left (a few centimeters) and back (3-4 times)
- \* go back and forth, head moving in opposite direction
- \* come off roller, rest on back, observe sensations
- \* come onto roller on just right side (include right shoulder blade and right side of pelvis, left side leaning towards ground)
- \* settle in this new position (lopsided)
- \* extend legs
- \* bring toes toward you, heels into ground and rock back and forth
- \* make movement light and effortless
- \* roll to left, remove roller
- \* rest on floor, observe difference between left and right side
- \* return to roller and repeat on left side
- \* remove roller, rest on floor
- \* come to center of roller, arrange through mid line from back of head to tail bone, arms 45 degrees, palms up
- \* bend knees
- \* bring right side of pelvis towards floor (head rolls to left) and back again (repeat 3-4 times) pushing with right foot to return
- \* repeat on left side (3-4 times) pushing with left foot to return
- \* rest on roller, knees bent
- \* go from side to side, right hip moving towards ground and then left hip
- \* rest
- \* lift arms above torso, finger tips pointing towards ceiling, palms together (prayer position)
- \* continue to roll back and forth letting arms and hands swing to left when you go right, and left when you go right, head in opposite direction of arms
- \* bring arms down, stretch out legs
- \* rest on roller
- \* remove roller and rest on ground
- \* bring feet together, lift toes towards you and back, rocking on heels
- \* rest, notice contact with floor, have spaces decreased beneath you?
- \* stand, observe contact of feet with ground
- \* imagine sunset again, open arms to it,

- \* notice if it's easier now to open with greater ease

Now, imagine that you are a student in the 098 class where the "Alex Issue" takes place. You are walking down the hall at school, and your role-play character is walking down the hall from the opposite direction. As you pass by, you smile and say hello.

- \* Do they say hello in return?
- \* Do they nod, smile, grunt, ignore you?
- \* If they say anything, what is their tone of voice?
- \* What is the expression in their face?
- \* How would you rate them on a friendliness scale from 1-6:

1) very open, 2) somewhat open, 3) neutral, 4) cool, 5) unfriendly 6) rude

- \* Observe the style and colour of their clothing. Does this say anything about their personality? What information does it give you?
- \* While they are walking, where are their eyes: downcast, straight ahead, looking all around?
- \* Follow behind them (without them knowing you are there) and pay attention to their footsteps, their stride, how they greet people, how they open a door, go into a room, go up and down stairs. Be like a detective on their trail, and see what clues you can uncover about their character.
- \* Imagine that you have switched roles with your role-play character; you become them and they become you. You are passing by each other in the hall, this time with reversed identity. How do you (as your role-play character) greet you (the true you)? What do you look like to them?

### **Follow-up Journaling Activity:**

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

When you feel you have a clear enough image of your role-play character, sit down with a paper and pencil and answer the following questions:

- 1) How sociable were you as a child? (i.e did you make friends easily)?
- 2) What was your role-play character like socially as a child?
- 3) Make a list of all the things your role-play character likes the most.
- 4) Make a list of all the things your role-play character dislikes the most.

Optional questions:

- 5) Your role-play character asks you to tell them a secret. What do you say?
- 6) Your role-play character tells you a secret about themselves. What do they tell you?
- 7) Imagine your role-play character at their very best, for instance, when they are helping someone in distress. What are they doing?
- 8) Tell your role-play character something that you have observed in them and that they don't know about themselves. What is this "blind spot?" you have seen so clearly?