

Lesson #5: The Harvinder Case

Theme: Finding one's source of strength

Useful idioms and expressions:

at full strength, to not know one's own strength, to be a pillar/tower of strength, to go from strength to strength, to go on the strength of something, to have strength of conviction, to have strength in numbers

Cast of Characters:

Harvinder

Eric

Omar

Lucy

Jenna

Don

Harvinder's husband

Harvinder's doctor

Representative from Teacher's Union

Main Idea: drawing upon one's main (core) source of strength. Consider how much inner and outer strength that your role-play character has. Where are they weak? How could they be stronger?

Summary of audio lesson (15 - 20 minutes)

*lie on back, imagine sand print (focus on back of skull and back of pelvis - two bowls facing ceiling)

* bend both knees, feet standing

- *place right hand on forehead; roll head; left hand on forehead, roll head
- *interlace fingers behind head, elbows close to head, lift and set down (note head)
- *rest arms, lift pelvis, set it down (note pelvis)
- * roll head from left to right, let eyes follow elbows,
- * note how as head goes to right , right elbow moves up and left elbow moves towards ground, and vice versa
- * feel stretch along sides: which side gets shorter, which longer?
- *bend right leg, right foot standing, arms along sides, palms up
- * lift right hip, slide right arm down towards feet, (leave arm and hand on floor)
- * note how back of head and shoulders slide to right and back (3-4 times)
- * note movement in ribs,
- * stretch out legs, rest, notice breathing, compare sides
- * repeat on left side, lifting left hip, sliding left hand/ arm down,
- * rest,
- * bend both knees, interlace fingers behind head, elbows far apart near ground
- * lift pelvis and keep it lifted
- * slide head in hands and arms, left and right (like pendulum)
- * note how pelvis swings in opposite direction
- * which leads the way: pelvis or head?
- * try each way: where is there the most strength and power?
- * legs down, arms to side
- * rest, notice sand print, back of skull and pelvis
- * more connection with ground?
- * slowly sit up, stand up
- * walk around room, keeping awareness of head and pelvis

- * walk with head leading the way
- * walk with pelvis leading the way
- * alternate back and forth
- * which part feels heaviest, fullest, strongest?
- * walk normally? What is your core of power?

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

*Notice their head and pelvis. Where they appear to be getting the most strength?

*Is their head/chin jutting forward or straight over their shoulders? Do they swing their arms? How much do their shoulders move?

*How much does their pelvis swing freely? Do they appear to be stiff or restricted in this area? Does this tell you anything about their personality?

* Become your role-play character and walk the same way you have imagined them. Exaggerate the movements, making them really large. Does this say anything about their personality? How do they handle problems? How strong are they?

*return to your own way of walking, then alternate between walking as yourself and walking as your role-play character.

Follow-up Journalling Activity

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

When you feel you have enough information about the way your role-play character moves and where their strength comes from (i.e which of the "two bowls"), sit down with a paper and pencil and answer the following questions:

- 1) Ask your role-play character when and where they feel they are the most effective and powerful (e.g at home, school, at work, with friends). Record what they say?
- 2) Ask your role-play character when and where they feel the least effective and most powerless? Record what they say.
- 3) What advice can you give your role-play character about their response to the previous question?
- 4) Imagine that your role-play character has one main philosophy they try to live by. What is it?

Optional questions

- 5) Choose one brief part of the movement lesson and repeat it while pretending to be your role-play character. Make some notes about what you have observed in their way of moving.
- 6) Ask your role-play character to estimate what percentage of the day they would say that they are preoccupied with (or lost in) thought? What percentage do they give you?
- 7) Write down what percentage of time throughout the day you would say that you are "lost in thought."
- 8) Do you have one main philosophy of life that you try to live by? What is it? Share these words of wisdom with your role-play character. How do they respond?

Throughout the day, notice where your strength and sense of power comes from both physically and mentally. Do you have any similarities to your role-play character in this regard?

