

## Lesson #7: Teeter Totter Teacher

Theme: Finding stability from the feet upwards

### Cast of Characters

Myrtle

Sherrie

Mike

Rhonda

Cindy

Stan

Omar

Alejandro

Lucy

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

(google these expressions to find how they are used)

to have a leg to stand on, to have the rug pulled out from under you,

to be well grounded, to stand one's ground, to be swept off one's feet,

to be sure footed, to stand on your own two feet, to keep on one's

heels, to have a foot in both camps, to put one's best foot forward

**Main Idea:** Keeping one's balance. Consider how stable your role-play character feels. How easily do they lose balance both physically and

psychologically. When, where and with whom do they feel the most stable?

**Summary of audio lesson (10 -15 minutes)**

- \*stand on both feet, shoulder width apart
- \*rock forward onto toes and back (3-4 times)
- \*rock back on heels (3-4 times)
- \*which feels most familiar?
- \*shift weight from outside of right foot (from big toe side) towards outside edge of left foot (to baby toe side)
- \*repeat directions (3-4 times)
- \*lift right foot, set down
- \*lift left foot, set down
- \*which leg feels most stable (for standing)?
- \*which leg feels most flexible (to kick ball)?
- \*step forward with left foot, a little ahead of and diagonal to right foot
- \*shift weight from back of right heel towards toes of left foot
- \*go back along same pathway
- \*repeat (3-4 times)
- \*switch feet (step forward with right foot)
- \*repeat movements in this way
- \*bring both feet side by side, shoulder distance apart

- \*make clockwise circles with right foot (shifting weight from heels to outside edge...to toes to inside edge, back to heel)
- \*repeat circles in opposite direction
- \*make circles with left foot (both clockwise and counterclockwise)
- \*make circles with both feet at same time
- \*rest in standing, notice contact with floor
- \*lie on mat, stretch out legs, arms along side
- \* notice contact with floor
- \* bring toes towards your head (inhale)
- \* point toes towards ground (exhale)
- \* alternate back and forth, toes toward your head and toward the ground
- \* rest
- \* widen right foot (make as big as you can - stretch toes)
- \* notice how much of right side of leg, knees, ribs, pelvis, shoulders can be involved
- \* make right foot as small as you can (like fist with foot)
- \* notice how this effects other parts
- \* alternate right foot as big and small
- \* repeat on left foot
- \* rest
- \* bend right knee, right foot standing

- \* make clockwise circles with right foot, keeping entire foot on ground, noticing how much of your body (hips, pelvis legs, knees, ribs) can help this movement
- \* stretch out right leg, bend left knee
- \* make circles with left foot (keeping bottom of foot on floor)
- \* extend right leg
- \* rest
- \* sit up and come to standing
- \* place feet shoulder distance apart
- \* shift weight from back of heels to toes and back
- \* any difference from start of lesson?
- \* shift weight across from left foot onto right foot
- \* do both legs feel equally stable now? (standing, kicking ball)
- \* go for a walk, noticing contact on ground and sense of stability.

Now, imagine your role play character is standing in front of you at in movie line up. Someone else is pushing their way through the line, rudely elbowing and shoving to get to the front of the line. This person pushes against you, giving you a bit of a shove. How well do you "stand your ground?" This same person then reaches your role-play character just up ahead and tries to push them aside. How well does your role-play character stand their ground?

\*Imagine that your role-play character lifts one leg to kick a ball (or to kick the person shoving them in the movie line up!). Which foot would they raise?

\*pick up a well worn pair of your own shoes or slippers and examine the outside soles of this footwear. Where are the pressure points? Which places are most worn out? What can this tell you about your day to day posture in standing and walking?

\* If possible, imagine a pair of your role play characters shoes. (this might be hard to picture so just have fun with it)

Where do you find the most pressure points in these shoes? What does this tell you about where the wearer of the shoes puts their weight when they are walking (e.g.. digging their heels into the ground? walking on their toes, etc).

### Follow-up Journalling Activity

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

When you feel you have a clear sense of your role-play character in the way that they stand and walk, sit down with a piece of paper and pen answer the following questions:

- 1) Ask your role-play character to trade shoes with you. As detailed as you can be in your imagination, walk around in these shoes. Record how this feels (but don't damage the shoe if your foot is too big for the shoe). Describe where your foot fits and where it does not.
- 2) Your role-play character tells you a story about a time in their childhood when they were bullied by someone who was bigger or stronger than they were (either mentally or physically bullied, or both). What did they do and how did the situation come to an end?
- 3) Your role-play character tells you how they feel about their particular situation in Teeter Totter Teacher. What do they say to you?
- 4) Tell your role play character about a situation in which you want to feel more solid and stable. What advice does your role-play character give to you?

Optional questions:

- 5) Imagine that you are on a teeter totter in a playground and your role play character is on the seat at the opposite end. Describe your experience with them as you go up and down.
- 6) Think of a situation in which you feel quite powerless or frightened. Now breathe deeply, filling up with air from within, gently from within (chest, ribs belly) Do this several times, making yourself bigger from within. When you have filled up with air, and before exhaling, think of this same situation that frightens you. Does anything feel a little different? (do you feel stronger, more powerful, etc?)
- 7) Pretend that you are sitting at a table with your role-play character, and they challenge you to do something slightly out of your comfort zone. (nothing dangerous but something you are not used to doing, for instance, playing a sport you have never played or singing in public) What did they ask you to do?
- 8) Imagine yourself doing this thing that is challenging for you. How can you gain confidence and feel more self assured in this process?

**Throughout the day, see what situations, people and things cause you to feel more or less stable. Can you apply these observations to your role-play character?**