

Lesson #8: Ladies' Room Rescue

Theme: Adaptability (adjustments to changing circumstances)

Useful proverbs and expressions:

(google these expressions to find out how they are used.)

A change is as good as a rest, A flower blooms more than once.

Every cloud has a silver lining. Laughter is the best medicine.

Necessity is the mother of invention. If life hands you lemons, make lemonade.

Cast of Characters:

Miriam

Harvinder

Vladimir

Jake

May

Jenna

Chuck

Don

Miriam's therapist

Main Idea: Adapting to change

Consider how well your role-play character can adjust and adapt to changing circumstances and unwanted surprises.

Summary of audio lesson: (15-20 minutes)

- * lie down on back, note imaginary sand print: how much space under neck, lower back, knees (how big a creature could crawl through?)
- * bend knees, feet standing, shoulder width apart
- * think of pelvis as bowl with rim facing ceiling
- * bowl is filled with water; tilt bowl so water could spill onto stomach (3-4 times)
- * tilt bowl so water could spill between legs onto floor (3-4 times)
- * alternate back and forth
- * rest
- * tilt bowl so water could spill towards floor on right side of hip
- * tilt bowl so water could spill towards left side of hip
- * go back and forth
- * rest, stretch out legs, notice if spaces under you are smaller
- * bend knees, feet standing
- * imagine you are laying on face of clock under pelvis
- * 12 at tail bone/, 6 at waist, 3 at right hip, 9 at left hip
- * move from 12 to 3 and back
- * 3 to 6 and back
- * 6 to 9 and back
- * 9 to 12 and back
- * make full clockwise circles: slow, smooth, large,
- * retrace areas that are not smooth and full
- * make one or two counter clockwise circles (any different in this direction?)
- * rest, stretch out legs, notice space beneath you
- * Imagine that your role play character is laying on the mat. Imagine how they would make their "pelvic clock." Which areas

would be clear and smooth? Which areas might be uneven or stuck?

- * return to being yourself, letting go of your role-play character
- * come to sitting and standing
- * walk around, notice how pelvis and hips move now

Now, imagine that you are watching your role-play character who is playing with an adult size hoola hoop, swinging it around their waist and pelvis. How well do they swing the hoop? Does the hoop stay up? Does it fall to the ground? How full is the swinging?

- * Now imagine that your role-play character is sitting on the ground in a park. Suddenly, there is a thunder storm and he/she jumps up and runs to find shelter. Where are they headed? In which direction do they run? Imagine the same scenario, but change the direction in which they run. Does this feel any differently? Change the direction one more time? Again, note any differences.

Follow-up Journaling Activity:

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

When you are ready, sit down with a piece of paper and pencil, and ask your role play character the following questions, and record their answers.

- 1) If you could change one thing about yourself, what would that one thing be, and why?
- 2) What is the biggest adjustment you have had to make in your entire life?
- 3) Imagine that you are packing for a big trip to a part of the world you have never been. This particular airline only allows one large bag per passenger. What could you not do without?
- 4) Do you consider your bowl in life to be half full or half empty?

Optional questions:

- 5) Have you ever been locked in or out of some place, for instance, your home, your car, a bathroom cubicle?

If the answer is yes, describe how you responded to the situation?

If the answer is no, do you attribute this mostly to luck, to circumstance, to a cautious nature, or a combination of these things?

- 6) "Today is the first day of the rest of your life." Consider this as a modern proverb?

How do you feel about this idea?

- 7) How does your role play character feel about it?

- 8) Write your own proverb that gives advice about how best to adapt to change.

Throughout the day, notice all the big and little things that require you to be flexible. How well do you make any necessary changes?