



Method Sheets

Title of the activity

Weight Transfer

Activity proposed by

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Duration

Will depend on the number of participants, approximately half an hour per six participants.

Participants

From 6 to 12 people

Aims

- to feel the weight of gravity of our bodies
- to put trust in others
- to discover others' bodies and be responsible for them
- building trust in a team
- to have fun

Material

- an open place without barriers
- comfortable clothes

Preparation

Music according to taste. Slow music with a relaxed rhythm could be helpful so that participants feel relaxed and don't rush

Steps / Instructions

1. Facilitators should practice beforehand, using their own bodies. Participants are guided to allow one part of their body at a time to drop with its own weight. For example, the head, an arm or a leg. In the case of an arm or a leg, it should first be lifted and then allowed to drop.
(3 minutes)

2. Work in pairs: One partner allows a part of their body to drop and the other 'catches' it. Each time the one who 'drops' chooses another limb and has to indicate his intentions to the catcher. The catcher has to be alert and watch their partner carefully. Then the roles are changed. (13 minutes).

3. We make a small, close circle with someone in the centre. This time the one who's in the centre is the only one who lifts and then 'drops' limbs and the others have the joint responsibility of catching them. Each participant takes a turn of being in the middle. (15 minutes or more, depending on the number of participants).

Evaluation method (if applicable)

The group is gathered in a seated circle to discuss how they feel the exercise went, what they particularly liked or disliked about it and how it made them feel.

Hints/tips for facilitators

This exercise can be carried out seated if more appropriate for the participants in the group.

It should be ensured that participants understand and are able to be responsible for the safety of someone else's body. If there's a case where the group is not yet ready for that responsibility then an easier and safer version should be proposed instead, - using only small body parts for instance and repeating it just a couple of times. In this way the group will get a feel for the activity and it can be further developed safely and slowly in future sessions.

Variations (if applicable)

The advanced version is using the whole body and not just body parts (trust falls)

The next step is for the whole group to move around the space and then when someone moves into the centre, the rest of the group must be ready to catch them, in whichever direction they decide to fall.

Method

Contact improvisation.



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