

Vettori



A CURA DI

La Xixa Teatre



DURATA

60 minuti



COLLOCAZIONE

Second half



PARTECIPANTI

Fra 10 e 20 partecipanti



OCCORRENTE

- Carta
- Penna

OBIETTIVI

- Comprendere il rapporto fra corpo e ambiente e la funzione che il movimento può svolgere nell'aiutare a comprendere il ruolo di educatrici ed educatori.





DESCRIZIONE DETTAGLIATA

1

- Invita le e i partecipanti a trovare un posto in cui si sentano a loro agio.
- Chiedi loro di prendersi un po' di tempo
- Invite them to take some time to connect with their body, to close their eyes and focus on their own breathing.

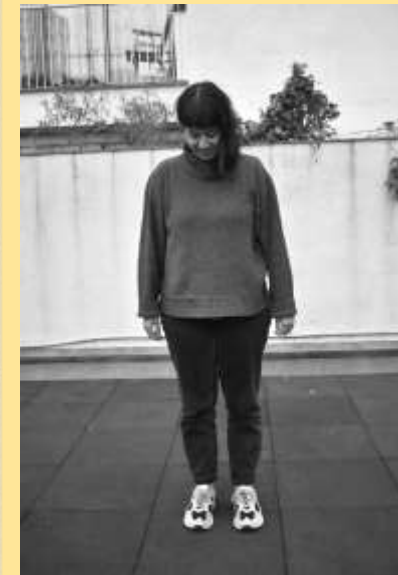
2

- Distribute a piece of paper and a pen to each participant.
- Now, ask them to use the piece of paper to answer to the following question: How are you as an educator? Give them time to think about it and then write their answer on the paper (it can be with words or symbols).



3

- Now ask them to stand and close their eyes.
- Invite them to focus on how the way they teach inhabits their body. Ask them to imagine that they have an inner compass in their body which drives their movements.
- Ask them to notice where they feel the movement if they think about how they would "ideally teach" and ask them to move with that energy.
- Now ask them to mark the spot where they are (point A), and another one further away (B).



4

- Invite the participants to fix a movement for the point A (the ideal educator) and point B (the worst educator), focusing on their traits and characteristics. Now ask them to transit, moved by their inner compass, from A to B.



5

- Once they have repeated the transition for a few times, ask them to add a third point (C) and to fix a movement that combines something useful of A and something useful of B.



6

- Now ask the participants to transit from A, to B, from B to C, and from C to A and from A to C, and to repeat all the movements and transitions until they can remember them in detail.



CLOSING

To conclude with the exercise, ask the participants:
Did you discover new information about you as educator and the energies that move you while carrying out your tasks?



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