

Finding Your Physical Centre

1. Have students take off their shoes, lie on their backs in a neutral position with their hands off to the side (palms up) and their eyes closed.
2. In a soothing voice instruct them to take a deep breath and exhale, repeat 3 times.
3. Now with each exhale they are going to release the tension from their bodies. Beginning with their foreheads and moving their way down their bodies. You provide the body part suggestions (i.e. forehead, face, neck, shoulders, chest, biceps, forearms, hands, fingertips, etc.) until all of the tension is at the tip of their toes and they release it from their bodies.
4. Now that they are free of tension, have them slowly open their eyes, roll onto their side (fetal position), and stand on their feet. Take 2 deep breaths here.
5. In 8 counts the students are going to roll down their spines (starting with the top of their heads) until they are bent over at the waist with their arms dangling in front. In 8 counts the students are going to roll back up with their heads being the last part of their body to come back to the standing position. (NOTE: knees should be slightly bent throughout, and beware that some may get dizzy)
6. Students begin walking about the room slowly (not in a circle or any particular pattern), not making eye contact with anyone else. Walk naturally, neutrally and free of tension.
7. At the teacher's suggestion the students beginning to lead with different parts of their bodies. This is called shifting your physical centre. Some body part suggestions include: forehead, shoulders, belly, hips, heels of your feet, tips of your toes, etc. With each new physical centre ask the students if this would be the physical centre for their character?
8. Ask the students to commit to a physical centre for their character and throughout the rest of this exercise.
9. Now have the students move as their characters, with their new physical centres, as if they were in various situations. Some examples are below:
 - You're late for work
 - You're on a leisurely stroll
 - You think someone might be following you
 - You are walking across a stage in front of a crowd

Do these situations change your physical centre?