



NAME OF EXERCISE	20 MINUTE "DANCE"	
SOURCE	Based on the exercises of the Presencing Institute, adapted for the Game of Change by the project team https://www.u-school.org/20min-dance	
USE IN GAME-PHASE	Arrival and introduction to the game Getting into the game	During the game
DURATION	25 - 30 min	
PARTICIPANTS	All participants in the group	
PURPOSE	This exercise helps to perceive the moment and synchronize body and mind. This allows us to reach a deeper level of awareness and promote creativity and intuitive impulses, which are important for a lively gaming experience in the Game of Change.	
SHORT SUMMARY	Mindfulness of the body is essential to being connected to our true impulses. The 20-minute "dance" is an exercise in which we follow the body's impulses and alternate between movement and stillness without judgment or thought. We take each moment as it arises.	
LifeComp - Competences	P1 – Self-regulation P2 - Flexibility P3 – Wellbeing L1 – Growth Mindset	
USES & OUTCOMES	- Slow down and be more in the here and now, consciously experience every moment. - Body, mind and heart become more open and more connected to oneself. This promotes emotional intelligence and attentive listening. - Trust in yourself (self-confidence), your own clarity and creativity are strengthened - Can be used as preparation for the "Stuck exercise".	
ROOM REQUIREMENTS	- The room should be large enough so that all participants can lie on the floor and have space around them with their arms outstretched without touching each other - The floor should not be cold or insulation mats are used	
PREPARATION / MATERIALS	- Possibly insulation mats (if the floor is cold) - Comfortable clothing for participants - Gong or other instrument for an acoustic signal at the beginning and end of the exercise	
INTRODUCTION	When our thoughts are preoccupied with the past, the future or judgements about something or someone, or opinions about something, we lose contact with the body, the present moment and the now. This exercise (re)establishes the connection between body and mind.	



	The exercise is about perceiving the sensations of the body, in movement and in pausing. The visual impression does not play a role. The exercise consists of alternating between moving and not moving. Let the movements come out of your body. Surrender to your body and its impulses. Listen inwards and become aware. Impulses to move can be very different - sometimes it is only a part of the body that wants to move, sometimes it is the whole body at the same time (at this point it is recommended to demonstrate both variants). Notice how your body wants to move at this moment - without thought, judgement or goal. Feel in your body that it makes a difference whether the whole body moves or just a part of it. When the impulse is over, stay in the position your body has led you into and feel this position - how does it feel to be DA in this way? This can be an emotion that is triggered or another sensation. Something pleasant, something that is not so pleasant. It doesn't matter WHAT it is, the main thing here is to perceive it - and if possible, not to judge it. What is tangible, perceptible for you here? It certainly makes a difference if you are either in a very closed position or in a very open position (again, demonstrate this). Perceive it with a curious attitude, perhaps like a small child who doesn't know everything yet and is trying it out..... You start the exercise in the floor position, alternate between moving and not moving, come to sitting and then to standing, and then you can move through the room so that you can experience all three levels and the room. When the time is up, stay in your final posture. I will tell you in between when half the time is up, and I will also let you know one minute before the end so that you have orientation. Principles - The attitude of open mind, open heart and open will is also essential here in order to experience the quality of the exercise - If you perceive thoughts ('the head speaks'), notice this and return your attention to the body again - Remain kind to yourself, let go of judgements and evaluations - Trust the process, always return to a basic attitude of curiosity
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SEQUENCE OF STEPS – DESCRIPTION	
STEP 1 (EMPHASISE THE START OF THE EXERCISE WITH AN ACOUSTIC SIGNAL)	Lie down on the floor and close your eyes. Notice that you are lying on the ground, which parts of your body are touching the ground? Where are you putting a lot of weight on the ground, where less? Realise that you are breathing. Let your exhalation be slightly longer than your inhalation. Notice your body, whatever sensations you feel at this moment, without judgement and without a goal. Simply allow a movement to begin. Do whatever your body wants to do without planning anything. Perhaps your body wants to stretch, turn round or wiggle your fingers. Keep your movement as close to the floor as possible. Any movement is good. Pay attention to the sensations and the feeling of the body as it moves. Then pause, stay in the posture your body has led you into and feel how your body feels in this posture. After a short time, keep moving, let your body guide you into a new posture - and stay there again ... It is not important which postures you adopt - what is important is your attention, with which you follow your movement and the posture. Keep alternating between movement and posture and keep focussing your attention on your body, perhaps individual parts will come more into your awareness (an arm, the knees, the lower back,) or you will perceive the body as a whole. If you notice that you are thinking, evaluating what you are doing or trying to understand your actions in your mind, let go of these thoughts and bring your attention back to the sensations in your body.
STEP 2 (AFTER 10 MINUTES, INFORM THE PARTICIPANTS THAT HALF THE TIME IS UP)	After a few minutes, allow your body to guide you into a seated posture and alternate between movement and pausing here too - feel the movement and the different sensations in the different postures. Keep your eyes closed as before. After a few more minutes, allow your body to guide you from sitting to standing - continue to alternate between movement and pausing in stillness. Perhaps your body wants to bend or twist?
STEP 3 (ONE MINUTE BEFORE THE END, INFORM THE PARTICIPANTS THAT THEY HAVE ONE MINUTE LEFT. USE AN ACOUSTIC SIGNAL TO MAKE IT CLEAR THAT THE 20 MINUTES ARE OVER)	Open your eyes and lower your gaze gently downwards. Begin to move around the room - continue to alternate between moving and pausing. Keep your attention focussed on yourself, although you are also (partially) aware of the others around you. At the end of the entire time (20 min), find your final posture - stay in it, notice the sensations in this posture of the body, feel the back of your body and which place in the room you occupy with your posture (more on the edge or more in the centre, closer to someone or further away from the others, ...). Be aware of the three-dimensional figure that you represent in the room at this moment. Perceive the space above you, below you and all around you. Then release the posture - the exercise is finished
REFLECTION (1 - 2 MIN PER PERSON)	I invite you to a short reflection. In pairs or in threes Describe your experience. Suggestions for the description are: I felt ...



	I have done ... I perceived ... I noticed ... I was surprised ... I have learnt about myself ... When reflecting, it is important that the participants describe their REALisation. It is not about interpreting what they have experienced. The other person listens attentively and leaves the speaker's report as described. There is no discussion about it.
TIPPS	- The exercise can also be carried out in '10 min' instead of '20 min'. The total duration is therefore 15 - 20 minutes - If the conditions in the room do not allow the participants to lie down on the floor, the exercise can also be started standing up or sitting down - This exercise can be used as a (daily) personal mindfulness exercise for the body. You slow down your inner speed and achieve a grounded and receptive state of mind. - Participants can be encouraged to practise this type of awareness throughout the rest of the day - sitting, standing, walking, being aware of the whole body, feet on the floor, upright posture, top of the head ... - On the website of the Presencing Institute you can find a three-part video with the description of the original 20min Dance: https://www.u-school.org/20min-dance