NAME OF EXERCISE	**MINDFUL AWARENESS - PRESENCING**		
SOURCE	Based on the exercises of the Presencing Institute, adapted for the Game of Change by the project team		
USE IN GAME-PHASE	Arrival and introduction to the game Getting into the game	During the game After the game	
DURATION	App. 10 min		
PARTICIPANTS	For all participants		
PURPOSE	The connection between body and mind is promoted, as is the conscious connection to the earth, the sky and the environment. This supports the perception of one's own body, needs and impulses. It is an important basis for successful collaboration and essential for the Game of Change.		
SHORT SUMMARY	This mindfulness practice is led by the trainer. The participants sit comfortably, follow the voice of the trainer with their attention and perceive their own personal impressions. "Presencing" is made up of the words "presence" and "sensing". It refers to the ability to perceive in the here and now.		
LIFECOMP - COMPETENCES	P1 – Self-regulation P2 - Flexibility P3 – Wellbeing		L1 – Growth Mindset
USES & OUTCOMES	• Sensing your own body is encouraged • Consciously directing your attention promotes flexibility • Being aware of your own body helps you to become conscious again and again, to follow your actual intention, to turn away from distractions • Imagining the connection to all directions of the environment makes you aware of neurophysiological processes • Mindfulness practice can be used in every phase of the game to promote the qualities of "open mind, open heart and open will" and to suspend the inner voices of judgment, cynicism and fear		
ROOM REQUIREMENTS	One chair per person		
PREPARATION / MATERIALS	Your inner attitude as a trainer: become aware of your own inner state at the moment - how do you feel your body, the connection to all directions? What is your current state of mind, heart and will? Choose to let go of/suspend the voices of judgment, cynicism and fear In the following, you will speak the instructions and the participants will follow with their attention. Recite the SEQUENCE OF STEPS – DESCRIPTION slowly and leave time between the individual steps (approx. 10 seconds)		

	The more clearly you as a trainer immerse yourself in the ideas, the better the participants can follow them.
INTRODUCTION	I now invite you to take part in a mindfulness-exercise. You only have to sit and listen to my words. If your attention wanders during the instructions, it doesn't matter. Even if the mind starts to wander and thoughts are present, you can consciously notice this and then use your attention to return to sensing and perceiving. It's about "coming back again and again". **Principles** ● Be kind to yourself, even if something doesn't quite work out in between ● Trust the experience - every moment for itself

SEQUENCE OF STEPS – DESCRIPTION	
STEP 1	Sit on your chair so that your back is as straight as possible and both your feet are on the floor in front of you. Adjust yourself so that this position is as comfortable as possible for you. Decide whether you want to lean back or not. Close your eyes or keep them open. If you prefer to keep them open, let your gaze glide gently towards the floor and leave it there. Be aware that you are breathing - inhale, exhale. You don't need to change anything - just notice. What moves when you breathe, your chest? In front, behind, to the side? Can you feel movement in your stomach? There is no "right" or "wrong" here, it is the way you are at this moment. If thoughts arise, that's okay too. Notice that they are thoughts and return to your body with your awareness.
STEP 2	Now direct your attention to the inside of your body: the chest or the abdomen. What can you feel there - the inner space, the movements from breathing, ev from digesting, something else? And now move your attention down inside your body, towards your feet. To the pelvis, along the inner thighs, through the knees, through the lower legs, through the ankles to the inner space in your feet. Do both feet feel the same? Is there perhaps a difference? Does one foot feel bigger or smaller? Heavier or lighter? Now bring your attention to the bottom of your feet, where your feet make contact with the floor or the inside of your shoes. This is where the weight of your feet and part of your legs is transferred to the floor. Now move your attention upwards within your body, through your ankles, lower legs, knees and thighs to your pelvis. Notice where your pelvis touches the seat of the chair. Is the right side the same as the left side? Just notice, don't judge. It doesn't have to be the same. Notice that you are now transferring most of your body weight to the ground via the chair. This is due to gravity. That, and the part that goes through your feet, is your connection to the earth - right now. Feel the weight, your entire body weight, as it passes through your pelvis and feet into the earth. This connects you to the earth. It is firm and reliable. This is your very own place on the earth right here and now. Take a few breaths and see if you can let go a little on the inside by exhaling slowly.
STEP 3	Then move your attention upwards within your body, through the abdomen, the chest to the neck, through the neck to your head. And notice that the head has an interior space. Then go to the top of your head, your highest point. If you like, you can place your fingers on this spot to emphasize it. And then imagine that you are also connected upwards, up into the sky, into the free air space above you. There is free space, vastness, space for ideas, for infinite possibilities. You are between heaven and earth - between the reliability of the earth and the infinite possibilities of free space.

STEP 4	Now move your attention back downwards within your body, through your head and neck to your chest and torso. And take your attention a little way out to the front, and also to the back - we are also connected to the front and back. Our system does this neurophysiologically by itself. Expand your perception a little forwards and backwards. And also to the right side and the left side Sit for a few breaths in the awareness of the connection downwards, upwards and all around you.
STEP 5	Then slowly bring your attention back here in the room. Slowly open your eyes if you had them closed. As you open your eyes, or as you come back with your attention if you had your eyes open - notice what happens to your perception of the connection down, up and around you - does it become more indistinct, does it disappear? You could try to stay in touch with this perception of the connection - a simultaneous perception of the inner space, the connections in all directions and the outside. Stay connected and observe what happens ...
REFLECTION	I would like to invite you to a short round of reflection. Describe one aspect of your perception. Suggestions are: I sensed ... I perceived ... I noticed ... I was surprised ... When reflecting, it is important that the participants describe their REALISATION. It is not about an interpretation of the experience. Only one aspect is described so that every voice is heard and a transfer from the experience to the group space takes place.
TIPPS	- The exercise can also be performed standing up. To do this, adapt the partial steps and describe how the entire weight of the body is transferred to the floor through the feet and the soles of the feet. - As the trainer, you can point out several times that thoughts can arise - at your own discretion. If you notice that thoughts often arise in yourself while you are leading the exercise, then give the cue to the group as well.