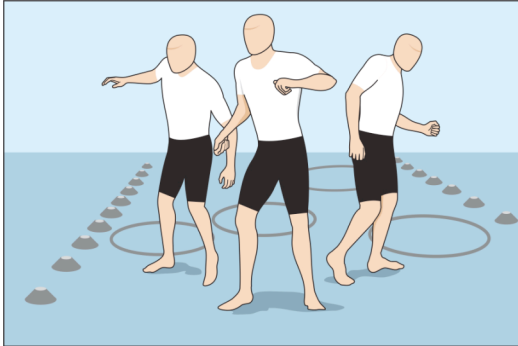


# Personal Bubbles Freeze Dance



## OBJECTIVES

- To narrow conditioned attention from “out there” to “inside”
- To feel the inner and outer world simultaneously
- To develop participants’ ability to change what is perceived around them
- To build self-respect and respect for others
- To build spatial awareness and

## PREPARE

- **Review Appendix A Notes and Background** to understand the purpose and how to deliver the lesson.
- **Equipment:** Cones and hula hoops for half of the class, sheer, colorful veils (for 3- 6 year olds). Clock with second hand or stopwatch, and/or music and boom box. (Suggestion: *Where is the Love* and *Let’s Get Started* by Black Eyed Peas.)
- **Clear and clean** floor (or outdoor) space and set up cones to mark a clear, rectangular boundary line.
- **Hydrate** (See *Getting Started*). Recommended: Begin and end with *Pancake Body* (page \_\_\_\_). Review *Personal Bubbles* and *Home Breath* Lesson.
- **During Lesson Assess** how participants use personal space by watching dynamics of physical and emotional interactions.
- **Demonstrate Finding Bubble:** Pick a volunteer. Sit face-to-face and slowly lean in toward the volunteer’s face until he/she reacts by blinking, changing rhythm of breath, giggling, or moving in any other way. Point out that you just touched the volunteer’s *Personal Bubble*. Have participants try this in pairs. Ask participants to NOTICE differences in personal bubble sizes.
- **Difficulty in finding bubble:** Ask the group to help by having them watch the face of the volunteer as demonstrator leans in toward the volunteer’s face.

## GO!

**Begin Personal Bubble Freeze Dance** - two or three rounds as time allows. Like TAG with everyone “it,” but no one can touch another.

**Round One:**

1. Start music and say, “Go” (or start stop watch)
2. Participants begin to move; if they bump into each other, the music stops and everyone must “freezes.”
3. Everyone must find his or her *Personal Bubble* again. Remind participants of how they originally found their personal bubble and how big that space was. Help participants to NOTICE how long they played without popping bubbles and whether they respected each other.
4. Start the music again and repeat the exercise two or three times or until no one bumps into anyone else.
5. Ask participants how they began to respect their own space and that of others.

**Round Two:**

1. Ask participants to see how long they can keep the music playing (see if the time lengthens from the start to the end of the round.)
2. Increase the challenge with more hula hoops on ground or narrow boundaries:
  - Place hula hoops on ground as imaginary holes. Participants must not touch each other’s bubbles or hoops (hopping over hoops is acceptable without bumping).
3. If bumping is frequent, reduce the challenge by following one of the following strategies:
  - Give young children sheer, colorful veils to represent their personal bubbles.
  - Give participants their own “personal space” near a cone or outside boundary where they can run in place (helps to relieve extra energy).
  - Repeat exercise several times without the hoops.
4. When participants have stayed within their “own personal space,” ask them if the music played longer this time.

**Round Three:** If time allows, review the (*No Place Like Home Breath* lesson if necessary (page \_\_\_) Do *Home Breath* lesson to help participants find their centers in relation to others.

1. Start music and continue with *Personal Bubbles Freeze Dance* while remembering the feeling of “Home” inside, even with eyes open.
2. Important: Help participants to notice how to feel “Home” inside while playing the game and to notice how many fewer bumps there are.

## CLOSING

**Reflection:**

- Ask the whole group to share their experiences when their bubbles are popped.
- Ask the participants how they felt before and after the game and how they can use this game to help them in school, at work, or at home.

- Ask if the participants are aware of the importance of respecting others and themselves.
- Ask the participants to notice how they can use the *Home Breath* lesson in life as they do in the *Personal Bubbles Freeze Dance* (to be aware in conflicted, stressful, or anxious times).