

Group Imagery and Movement

The following five exercises are among the very few in this book in which the instructor should actually become physically involved with the group. If the leader is loose and uninhibited, the children will be also. When leading these exercises, take plenty of time to move from one suggestion to another.

These are group exercises for all age levels. Students act out their own interpretations of what the teacher is suggesting. Although you should encourage jumping, stomping, yelling, and laughing in these exercises, remind the children not to become physical with each other. These are wonderful exercises with which to end a class.

EXERCISE 1



From Specks of Dust to Feathers

We are all tiny specks of DUST . . . we are so small that no one can see us . . . we are floating around in the air outside . . . the wind is blowing us slowly through the air . . . we move very slowly . . . the wind just carries us along.

We land on a little LEAF in a stream . . . the stream carries us along . . . the water starts moving faster and faster . . . we are suddenly in a WHIRLPOOL . . . we are going around and around . . . we are going around in circles . . . faster and faster . . . all of a sudden the water throws us out onto the beach. We lie very still . . . we are very tired.

A SOFT WIND comes along and carries the leaf we are on to a BIG TUMBLEWEED . . . the tumbleweed is very large and round . . . the wind blows the tumbleweed around very slowly . . . the wind feels good . . . slowly blowing us around.

Now everyone has become a person with

a pillow . . . we are all in a giant PILLOW FIGHT . . . we throw pillows hard at each other . . . we pick up pillows and throw them . . . harder and harder . . . faster and faster . . . all the pillows break at once and feathers fly all around us and we all fall down . . . exhausted. We lie there and watch the feathers come down from the sky. They feel so soft as they start to cover us. We lie there and relax.

EXERCISE 2



From Balloons to Popcorn

We are all BALLOONS in a bunch . . . we are at a circus . . . the man that is holding onto the strings lets go . . . we all fly up into the sky . . . we all go our separate ways . . . up, up into the sky . . . higher and higher . . . floating . . . going where the wind takes us . . . higher and higher.

We are still very high in the sky, but now we are people . . . people who can walk on

clouds . . . we play with the clouds . . . we can jump from one to another . . . we jump . . . we lie down on them and roll around . . . we can push them together and make bigger places to play . . . we jump on the soft clouds.

We are now back down on Earth . . . we are in this very room . . . there is **STICKY TAPE** all over the floor . . . we are all trying to walk across the room . . . it is so hard to walk . . . every step that we take is so much effort . . . we have to walk all the way across the room.

The floor is not sticky anymore. The floor has become a giant sheet of **RUBBER** . . . every step makes us sink way down and way back up again . . . we can jump way up into the sky . . . we jump and jump and jump . . . we get so tired from jumping that we fall down on the floor.

We lie there a minute. What is happening now? The floor is getting hot. We have all become **KERNELS OF CORN**, and the floor is burning hot . . . in a few seconds we'll all explode into **POPCORN** . . . the floor is getting so hot that it makes us roll around . . . when we explode into popcorn we'll jump up and yell "POP" . . . hotter and hotter and hotter . . . we can't stand it anymore . . . get ready . . . hotter and hotter . . . get up . . . now . . . let's all "POP"!!



EXERCISE 3

From Caterpillars to Balloons

We are all big fuzzy caterpillars . . . crawling through the forest . . . we travel very slowly . . . it takes us a very long time to move along . . . we just creep.

We have now become **MARBLES** . . . we are rolling on the floor . . . we can't stop rolling . . . on the floor . . . we can't stop rolling . . . there are beautiful colors inside of us . . . the colors flash as we roll around

. . . we keep rolling and rolling . . . suddenly we stop.

We are all wadded up into tight little balls . . . we have all become very small **FLOWER SEEDS** . . . there is a soft rain falling on us . . . it makes us start to sprout . . . our legs are slowly becoming roots . . . the sun comes out and warms us all up . . . we start reaching for the sun . . . we slowly reach . . . we stand up and reach . . . we can feel all our flower buds start to open slowly . . . the sun feels so warm and we all slowly and gracefully become **FLOWERS**.

We stand and let the sun shine down on us. We have started to change again. We have all become big fat **SNOWMEN** . . . we are standing very proudly under the sun . . . the sun is starting to get hotter . . . we are very slowly starting to melt . . . the sun is hotter and hotter . . . slowly we are becoming very very small . . . we are all becoming **PUDDLES OF WATER** . . . the puddles are very still and quiet.

We aren't puddles anymore. Now we are **BALLOONS** with no air in them. Someone starts to blow air into us . . . we can feel a little bit of air going into us . . . we start to get a little bigger . . . there is more air going into us . . . we are getting bigger and bigger . . . we have to stand up now . . . bigger and bigger . . . when there is too much air in us, we will all have to scream when we pop . . . we are getting so big that we can't stand it anymore . . . bigger and bigger . . . get ready . . . everyone . . . "POP"!!



EXERCISE 4

From Eggs to Candles

The floor is covered with millions of eggs . . . we have always wanted to walk on eggs . . . we are wearing giant shoes, and we can break 50 eggs at a time . . . we stomp around until we have broken all of the eggs . . . let's make sure that all of the eggs are broken . . . get every egg.

We are now nice big FUZZY SPIDERS . . . we are trying to crawl through all the egg "goo" on the floor . . . we all have eight legs, and we have "goo" on every one of our feet . . . we have so far to go, and it is so hard to move all these legs with the "goo" on them . . . we finally reach our destination, and we stop for a rest.

We have all become RAG DOLLS, and we are trying to stand up . . . we want to stand up and see what it feels like . . . we are so floppy, and our arms and legs are so loose . . . we try to stand up, but we can't.

We are all FEATHERS on the ground . . . a very small breeze comes along and makes us move a little . . . it is a gentle breeze, and it feels good . . . the breeze starts to get a little stronger . . . we are getting carried through the air now . . . it is getting stronger and stronger . . . we have each become the center of a TORNADO . . . it is one of the biggest and strongest tornadoes that ever was . . . we are twisting and turning . . . turning . . . the storm has reached its peak . . . and it is starting to calm down now . . . it has become a very gentle breeze again . . . we have been left standing very still with our arms down to our sides . . . we are standing very very still.

We have all become CANDLES. There is a flame burning on the top of every one of us . . . it feels very relaxing . . . the wax is starting to drip down our sides . . . we are starting to get shorter . . . we are getting very short . . . the wax keeps on dripping . . . we are all very short now . . . it feels very good . . . we are now only a pool of wax . . . a very relaxed pool of wax.

starts to slide slowly out of the jar . . . we have all become a mass of stickiness . . . we all move slowly and go in any direction we want . . . we are all very slow and sticky.

We have all become PEOPLE . . . we are standing up and walking in a shallow stream . . . we are trying to cross to the other side . . . it is getting deeper, and we are using smooth stones in the creek to help us get across . . . we have to jump from stone to stone . . . some of the stones are very slippery, and sometimes we fall . . . we keep on trying . . . and we all get to the other side . . . when we get to the other side, we all find shoes with LARGE SPRINGS on the bottoms of them . . . we put the shoes on our feet . . . every step we take makes us jump . . . we can't stand still . . . we just keep jumping and jumping . . . we jump higher and higher . . . we have jumped so much that we can't jump anymore.

We all fall down on the grass and relax. We close our eyes and listen to the sound of the creek and to the birds . . . it feels so good . . . suddenly we all open our eyes . . . we have all lost our voices and we can't make a sound . . . we all see a BIG BLACK BEAR coming toward us. We are so scared that we can't move. We try to scream, but we can't . . . we try to move, but we can't . . . the bear is getting closer . . . he is only ten feet away from us now . . . we want to scream . . . when he gets three feet away from us, we will scream as loud as we can . . . he is getting closer and closer . . . we want to scream . . . he is four feet away . . . we can't move . . . he is three feet away . . . SCREAM!!

Note: After conducting these exercises a few times, you'll become familiar with the types of imagery that the group enjoys most. You can then adapt these passages and create exciting new ideas along the lines suggested here.

EXERCISE 5



From Honey to a Scream

Let's all get close together. We are HONEY IN A JAR. The jar tips over, and the honey