



Bodify

v. To express anything with your whole body using movement, gestures & sounds.

Explorer stand up and tune into an issue, problem or potential you want to explore playing with. As you think about this, rate your sense of aliveness on a scale from 1 - 10. (0 = lifeless and 10 = full of aliveness).

Play Partner: Time for 2 minutes - a good amount of time for this activity.

Explorer: Let your whole body tell your story about this issue, problem or potential . You might want to start by exaggerating gestures as you talk.

Play Partner: After 1 minute invite the Explorer to drop the words.

At any point, you can say:

- Notice your posture
- What parts of your body are moving, and which aren't?
- What's your overall attitude?
- This is your time to fully express - what else wants to be expressed?

Play Partner: At time, invite Explorer to pause mid-expression and guide:

- Notice how you are organizing yourself to create this experience: body position, breathing and internal sensations.
- What's one small change you want to make? Go ahead and make it.
- Let that one change ripple through your body as you breathe and appreciate yourself for being willing to play with your experience!
- On a scale from 0-10, how alive are you feeling now? Bodify that!