

## PROCESS METHOD – COLLABORATION: 05. MOVE



### 05. MOVE!

*Sometimes it is a bad idea to keep on doing what you are doing: sitting around the same table in the same room, or in front of a computer, digging yourself into a hole by researching on and on, arguing about the same issue or trying desperately to come up with an idea in the same manner. This is why you need to break away from the chair and the table and do things in a different way by using your body: You can go for a walk or a short intense run, or go and feed the ducks in a nearby park! OR put on some music and do stretching exercises or dance together. Use your body, release your minds and boost your energy!*

**Materials needed:** Some space outdoors or inside in the classroom, corridor or gymnasium.

**Time required:** 10–30 minutes.

### How?

- 1) Decide how much time you want to spend and whether you want to go slow and meditate or talk quietly or walk, skip, run or dance.
- 2) Keep the focus and do what you set out to do maintaining a balance between having fun but also being serious about completing the activity!
- 3) When you have finished, gather in the group and share your thoughts.
- 4) Remember to take these breaks and activate your body regularly!