

Compassion theatre

This is a beautiful body practice that helps to connect to emotions. There are different variations but the warm-up can always be the same.

It is recommended to start the practice playing soft music and asking the pupils to walk aimlessly around the room. This helps to fall into a meditative state and connect to one's body.

Variation 1

Pupils are invited to dance or move with music playing and connect to one emotion as deeply as possible. It is advisable to start with lighter feelings, such as gratitude, joy, relief and gradually moving to feelings, such as rage, sadness, shame, guilt etc. The pupils are first asked to dance or just move around the room expressing and feeling this emotion and at the end of the song come to stillness as a statue. It is possible to end this practice with connecting to another person/statue making eye contact.

Variation 2

Pupils are divided into two groups. One group expresses a given feeling with dance or movement while the others are observers trying to note what happens in their body and emotional state while watching others.

Variation 3

The practice can be done in pairs, while one pupil moves or dances expressing a given emotion and the other one is just a witness.

These are beautiful compassion practices which enable the pupils to connect to their own feelings as well feel other people's emotions through body practice. People, especially teenagers, often find it difficult to verbally express their emotions. This is when bodily expression comes in handy. Also, there is an impersonal aspect, i.e. pupils can create the movement or dance either expressing the feeling in general or their personal story and others do not really know.

At the end there is room for personal sharing. It is good to give pupils some space to verbalise their experience but it should be voluntary.

Video link: <https://paldgym.edu.ee/erasmusproject/4>