



## 1. Eye contact: lead and be led

### Learning Objectives:

- create a relationship of trust between strangers;
- learn to drive and to let the others drive you;
- listening to the partner;
- concentration and openness;
- attention to the others and to the space;
- become aware of the importance of the rules of the game.

### Rules of the game:

- always maintain eye contact with your partner;
- accept peer guidance

### Materials: Music

**Preface:** before starting the exercise, it is advisable to ask the partner for his/her availability. (Let's take the example once again from children when they ask an unknown equal in age "shall we play together?").

**Description:** to allow for a more immediate understanding (also thinking of the participants who do not know the language well), the workshop leader invites a volunteer to do the exercise together; first the workshop leader with outstretched arms and hands on the partner's shoulders will make him move in space, in different directions, pushing and pulling him; then, reversing the roles, he will let himself be guided by his partner.

The workshop driver and the volunteer then try to do the regular exercise, which consists in performing the previous action, but without physical contact, maintaining eye contact and the same distance (as with outstretched arms). As before, role reversal applies.

Once a good feeling has been created between the two "players", the workshop driver will propose to play without establishing a priori the roles, roles which will alternate repeatedly without the need to communicate with words or gestures, but only perceiving the partner's decision to take the guide and to support it. This allows the couple to "risk" more, going faster throughout the space and also "pulling" (therefore walking backwards) without fear of obstacles, as the partner will immediately take the lead in view of a "danger".

The workshop driver now invites the participants to create couples that will occupy all the space.





The couples decide who leads the game until the workshop driver invites them to switch roles.

During the exercise it is good not to talk and focus on the partner's gaze.

When the workshop driver feels that there is a good harmony in the couples, he/she invites the participants to move on to the second phase, that is, to play without deciding the roles beforehand. Players will have to be very concentrated and "listening" to their partner; they will also have to pay particular attention not to bump into others.

During the second phase the workshop driver will propose different music, so as to stimulate the players to vary the rhythm and directions, and to look for a "character" of the movements, creating an original "couple dance".

**Development:** the workshop driver, when he feels that the game is proceeding well, proposes a further step. The couples, while they are playing, meet and exchange partners: two new couples will form from the two previous couples. The exchange must take place without resorting to gestures or words, but only through the search for the gaze.

The workshop driver will invite the participants to form couples with everyone.

**Observations:** Looking into each other's eyes can create embarrassment and in this regard there are cultural differences, which the workshop driver must take into account in order to respect everyone's sensitivity. The couples at the beginning of the game are formed on the mutual choice of the two partners.

