FEEL THE DIFFERENCE

Understand differences in body language; realize male and female portions and recognize their origin in our lives’ histories

Description

Plenary: Imagine a line that separates the room into two areas, the female area and the male area...

Everybody moves into the male area first and presents with movements, body posture, mimic and gestures how you feel as a man. “I am …. I’ve got …. I do …. “

Everybody now changes over to the female area and present with movements, body posture, mimic and gestures how you feel as a woman. “I am …. I’ve got …. I do …. “

Now move back and forth between the male and the female area and try to feel which body postures, movements, which gestures and mimic suit you.

Plenary – reflection on the following questions:

 How did I do in the two areas?

 Which memories have come up?

 What did I find easy, what more difficult?

 Where do I know the behaviors from?

 Do I recognize them out of my own life history?

 Of myself? Of other persons in my environment?

 How do I behave in which situations?

 Which clichés of male and female do I have in myself?

 Which sayings, phrases, directions come to my mind?

 What have I noticed about others?

Option

Let participants find a place in the room.

 Where is your “correct” place – at this moment?

 In the female area? In the male area?

 Close to the line? Far away from it?

 Define and let settle.

Notes

Good exercise to make differences visible through body language. Participants get a chance to “feel” the difference.

Material enough free space to part the room into two areas

Timeframe 60 – 90 minutes