



## PARTNERS FOR YOUTH EMPOWERMENT

Connecting with Nature/Connecting with Ourselves

with Marisol Rosa-Shapiro

# Small Group Introductions



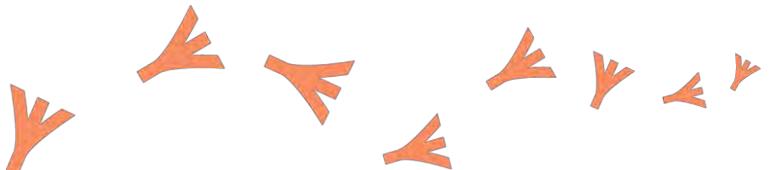
# Logistical Instructions

1. **Use Gallery View, and everyone unmute.**
1. **Someone volunteer to go first--** that person will create an **order of participation** in the Chat Box and then introduce themselves first using the following format...
1. **Everyone take a turn introducing yourself by name, location, and what weather system you feel like today** (a sunshower? a hurricane? a bright, sunny day? an overcast, breezy morning on the beach? etc.).
1. **When everyone has had a turn,** return to the main session by clicking “Leave Breakout Room.”
1. **If** you are having trouble being heard or understood through your mic, use the Chat Box to share.



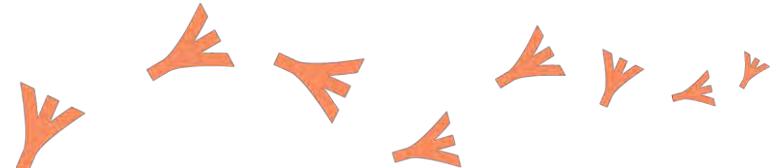
# Goals

- To observe nature with new eyes.
- To explore what the natural elements have to teach us about communication and embodiment.
- To have fun!



# Community Agreements

- Encourage each other and yourself.
- Bring a sense of possibility and curiosity--try something new.
- Take care of yourself.



# Warming Up Our Bodies and Our Breath

Let's move our bodies together.  
You may turn off your video here, if you prefer to do so.



# OBSERVATION

While we watch the following video montage, please use your paper and pen to make note of descriptive and action words that come to mind to describe what you see.

fire

water

air

earth



# INDIVIDUAL REFLECTIVE WRITING

- What are some words that we commonly use to describe each of the elements and how they behave? Earth, Water, Air, and Fire.
- Is there a situation, either personal or professional, when you have leaned into some of these traits to support you?
- Is there a context in which you would like to be able to employ some of these traits?



# Small Group Conversation



# Logistical Instructions

1. **Use Gallery View**, and everyone **unmute**.
1. You should be in the **same groups** - so just **use the same order**. If someone new happens to have joined your group, just add them to the list!
1. **Give everyone an opportunity to share a bit of their personal reflection.**
1. **If** you are having trouble being heard or understood, you can use chat.
1. **Once everyone has shared**, return to the main session by clicking on “**Leave Breakout Room**.”



# Let's Explore!

Throughout this exploration, notice the following:

- What is your breath doing?
- Where do you feel gravity and power in your body?
  - What is the quality of your gaze?

(again, you may turn off your video, if you want to!)



# Let's Explore!

EARTH

Stone

Mud

Tree



# Let's Explore!

FIRE  
Candle  
Bonfire



# Let's Explore!

WATER

Rain

Stream

River

Ocean



# Let's Explore!

AIR  
Breeze  
Wind  
Calm



# INDIVIDUAL REFLECTIVE WRITING

- Which states brought you pleasure?
- Which states felt closest or easiest for you to access?
- Which states were more difficult for you to access?



# Let's Play!

A: Hi!

B: Hello.

A: How's everything?

B: Fine. I guess.

A: Do you know what time it is?

B: No. Not exactly.

A: Don't you have a watch?

B: Not on me.

A: Well, what did you do last night?

B: What do you mean?

A: What did you do last night?

B: Nothing.

A: Nothing?

B: I said, nothing!

A: I'm sorry I asked.

B: That's alright.



# Logistical Instructions

1. **Use Gallery View**, and everyone **unmute**.
1. **Two people volunteer to go first** and **write out who is A and who is B** in the Chat.
1. Then, **each person in each pair, pick an element to use in enacting the scene and try reading it through together as two elements interacting**. Then give each other a round of applause!
1. **If you happen to have an odd number in your group, someone go twice to give the last person a chance to participate :-).**
1. **Choose one pair from your small group who would be willing to share out in the full group!** (We won't get to everyone--we wish we could!) 
1. **Return to the main session.**

# LET THE ELEMENTS DANCE!



Music: Jump In The Line

# REFLECTION QUESTIONS

Reflect in the chat or by “raising your hand” in Zoom to share your thoughts with the full group

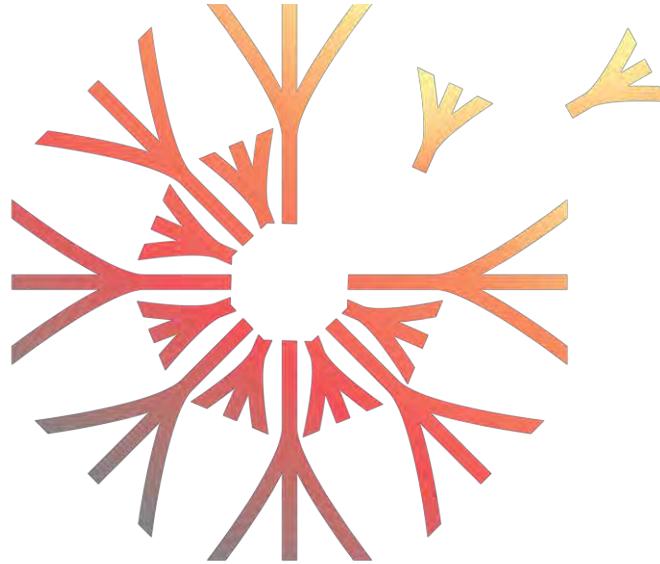
- What's one thing you discovered or were reminded of in this workshop?
- What did the facilitator say or do that helped you feel comfortable playing?



# TIPS for activating creativity with groups

1. *Engage participants' imaginations early on in your session.*
2. *Build risk - start small, then expand the risk as participants get more comfortable.*
3. *Explain that there is no “right or wrong” idea - all ideas are valuable.*
4. *Model the activities as you give verbal instructions.*





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EMPOWERMENT

THANK YOU