

D2.2. Guidelines for body-mind trainers and facilitators

ANNEX 1 SELF OBSERVATION DIARY

[for participants/caregivers]

This diary is a self-observation tool that will keep you company during the workshops and activities of the DanceCARE project.

We thought it would be useful to give you suggestions for reflection and creativity that you can use during and after each meeting.

BREATHING and BEING IN RELATION with yourself

1. When you came to the session, how did you feel about your body and your breathing (body stiff or loose, body cold or warm, skin itchy, tight or soft, body aching and where, breathing fast/slow, high in the chest or low in the belly, etc.)? Did you observe any changes at the end?

CREATING

2. Can you draw a picture that reflects the process? Or find a song that describes your feelings?
3. After that, can you connect words (creative writing) to this process? You do not necessarily have to write a logical story, but you can describe your feelings referring to colours, animals, and elements of nature.
4. Which of the creative methods: somatic exercises, self-massage, breathing, choreography, drawing, etc. helped you to get in touch with yourself? What feelings emerge when thinking back to that specific method?
5. What kinds of challenges or difficulties could be addressed by paying attention to your body?

BEING IN RELATION with the others

6. What is the movement you have done or seen another person do that you liked the most? Can you do it again? What do you like so much about it?
7. How was the interaction with the others (trainers and participants)?
8. Did you find it enjoyable to cooperate together (as a duo or in a larger group)? Was there a moment when you found it challenging or difficult to interact with the other participants? Can you describe how you experienced the trainer of this session?
9. What impressed you about today's topic? Did you learn something new?