

# SENSORY EXERCISES

## TRUST WALK

Pair off with someone you don't know very well. One person keeps their eyes closed while the other leads them around for 5-10 minutes in the room, in the hall and even outside. Ask questions to stimulate the imagination, such as: *"What does this texture make you think of?"* *"What kind of music comes to your mind now?"* *"What does this remind you of?"* *"Do you feel safe?"* Reverse roles and go for another trust walk.

Take a couple minutes to fill out the questionnaire. Partners share their answers and explain the reasons behind them.



### Trust Walk Questionnaire

1. How would you describe the inner feelings that you had on the trust walk?
2. What was the most significant moment for you during your walk?
3. How would you describe your partner if your only experience with them was the trust walk?
4. What did you discover about yourself during this time?
5. What experience out of your past did this walk bring to mind?



### **SENSORY ROCK**

Have twice the number of rocks and pieces of driftwood as there are people. The group divides into 4s. Put an assortment of rocks and driftwood in the center of each group.

Choose one and, with your eyes closed, feel it with your fingers, in the palm of your hand and against your cheek. Put it back and choose another. Get acquainted with the characteristics of several pieces, taking about 30 seconds for each one. Do not talk.

Select two that portray your personality—the way you are now and the person you want to be.

Go around the group, giving each person a turn to explain their feelings.



### **CHOOSE YOUR APPLE**

Have a selection of apples—one for each person. Have groups of 4 to 8 people sit in circles. Everyone examines their group's pile of apples and picks out one particular apple that reminds them of themselves—because of certain marks and characteristics. Everyone studies their apple, polishes it and puts it back.

Mix the apples up. Ask everyone to find their apple and explain to someone why they chose that one. Then each person explains: (a) one area of their life where they shine; (b) one area where they need a little polishing.