



# INTRODUCING MYSELF IN MOVEMENT AND MUSIC

Metodo Integrato Marchio-Patti®  
BY ASS. LA CITTÀ DEL SOLE



N° of pax 10-30



indoors



30-90 min



art expression| music/dance



## PURPOSE

### SELF EXPRESSION

- creation of a common group identity
- non-verbal expression and communication
- development of empathy

## MATERIALS

- musical instruments of different types

## PREPARATION

- Create a protected and comfortable space.

## 3 STEPS

1. Place many and diverse musical instruments in the middle of the circle.
2. One at a time, participants take a step forward and say „I am“ along with their name, „My movement is ...“ while making a movement that represents them, „... and I play it like this“, choosing a musical instrument and making a sound as a representation of their movement, choosing the intensity and duration of the sound they prefer.
3. The group mirrors each participant: they copy the movement when it is shown and repeat it while the person makes their sound.
4. The participant may repeat the sound several times and watch the others dance the gesture/movement.
5. The experience is complete when every member of the group has introduced themselves.
6. This is followed by the sharing of emotions and opinions.



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## REFLECTION



- How did you feel when introducing yourself in this different way?
- Probably your original movement changed when others „danced“ while you played: how did you feel when that happened?
- How do you think that this activity can contribute to resilience building?

## COMMENTS

- There may be people who have a hard time making movements and/or sounds, so the facilitator has to find a way to accompany the person to express themselves using these two communication channels. If you sense an emotional block, the person must never be forced: they can be given extra time, perhaps postponing the introduction until everyone else is done, or letting them not to introduce themselves through this experience, leaving the possibility open to doing it at another time.



## INTRO

This is an activity that allows the person to introduce themselves, to be mirrored while moving and to see how others associate their movement to the sound that they produce.