

SomeBody

Exercises and tools for body awareness when using the Olympic tool

Body awareness exercises have a great influence on how well the coachee feels during coaching. Among other things, they increase self-image and self-confidence. They help the coachee to participate in the coaching with an open focus.

You can use them in sessions, working with exercises from the Olympic tool.

Be inspired by the following exercises and tools from the SomeBody method from Finland.

Source: <https://somebody.samk.fi/menetelma/>



Body image

Body image refers to a person's perception of their own body. This perception does not always correspond to the perception that others have.

A person has a high level of 'body awareness' when he/she has correct perception, understanding and control of the body.

Positie als indicator

- *Stand in a small cross position. Transfer weight to your toes and heels (back and forth) a few times. Then make sure you have a good middle position so that the weight is equal on both the heel and the heels.*
- *Then shift the weight to the outer and inner edges of the foot, ensuring a good middle position.*
- *Bend your knees and stretch as much as you can a few times, then set your knees in a good middle position. Tilt your hips forward and back so that your back is smooth and as straight as possible.*
- *Turn your body to the right and left. Push your shoulders forward and back. Lift your shoulders towards your ears and lower them. Push your head forwards and backwards and turn your head back and forth (see over the right and left shoulders). Make sure you have a good middle position.*
- *Remember this position.*
- *Shake and return to your normal position.*

Circumference exercise with skipping rope

Find items of different sizes (for example: balls of different sizes). Use a skipping rope to estimate the circumference of the items. Make the jump rope into a ring the size of what you think is the circumference of the item and then place the jump rope around it.

Measure your own body with the jump rope. For example: your waist circumference, head circumference, leg circumference, arm length. Then compare your estimates with the correct circumference.

Breathing

Breathing has a strong connection with the mind and reflects our state of mind. When the mind is agitated or tense, breathing becomes agitated and tense too - shallow. When a person relaxes, their breath calms down too. By influencing the breathing, a relaxed feeling and a calm mind can quickly be achieved.

Breath Observation Exercise

- *Start to breathe. Invite the coachee to breathe to the rhythm of your breathing. Bring some variation in the breathing.*
- *Then turn the roles.*
- *Invite the coachee to draw your breathing rhythm on paper. Then reverse the roles.*

Self Perception

Self-perception is a person's perception of themselves. Self-perception consists of many components such as the feedback you get, what roles you have in different contexts, what you would like to be, what you look like and what you know.

The 'self' can be divided into four areas: the social self, the emotional self, the academic self and the physical self.

Social, emotional, academic and physical self.

Take a large sheet of paper. Divide the paper into four sections so that each aspect of self-perception has its own space. Invite the coachee to write down their own strengths for each aspect of self-perception on the paper.

Add other points, from your role as coachee.

Emotions

Emotions arise when something important happens to someone or an experience is triggered that is stored in his or her emotional memory. Recognizing and understanding one's own emotions is self-knowledge, and therefore it is also easier to identify the emotions of others. Understanding your emotions helps you to be constructive in everyday life, even in challenging situations, and to make important life choices.

Feeling emotions in the body

Consider the basic feelings: joy, sadness, fear, disgust. Give the coachee a large sheet of paper with the outline of a body on it.

Then choose a color for each basic emotion and have the coachee indicate where in the body he feels which emotion..

Relaxation

Relaxation is the opposite of tension. In the natural state a person is not tense and the sympathetic part of his autonomic nervous system is not unnecessarily active. A person can calm and relax himself when necessary, and he does not become tense or stressed when he does not need to.

Besides relaxing, relaxation exercises are also a way of getting to know yourself and your body. Relaxation increases body awareness and helps a person to make observations about their own physical and mental state. By being aware of this, relaxation is therefore also a way to greater self-awareness.

Wind-Up Relaxation

Lie on your back with legs stretched out. Or, sit on a chair with your back against the backrest. Take a few deep breaths.

- Now concentrate on your feet. Hook your ankles hard, which means your toes are trying to point at your face. Hold the tension for a moment and then let your ankles relax.
- Now tense all the muscles in your legs. Press both feet fully against the base.
- Tighten your buttocks. Squeeze the buttocks firmly together, hold the tension for a moment and then relax.
- Tense your back and abdomen. Press your back against the base. Relax.
- Now squeeze your hands tightly into fists. Hold your fist and relax.
- Then tighten your whole arms. Press your arms against the solid floor or against the side of the back rest. Hold the tension and then relax.
- Now tense your shoulders. Lift your shoulders up to your ears and relax.
- Focus on the face and head. Squeeze your eyes firmly together and your mouth in a tight line, you can feel the facial muscles tense. Release the tension.
- Open the whole body to a star-like position (X-position). Think of your hands and feet as the cross of a star. Stretch your arms and legs as far as you can a few times.

Tool: the mood meter

You can use the mood meter at the beginning of the coaching and at the end. Invite the participant to place a mark that reflects his/her mood on the meter.

If you do this before the coaching starts, it invites the coachee to let go of thinking about how he feels and open up to the coaching. At the end of the coaching you invite the coachee to put a mark around the mood meter again.

You can also place the mood meter in the room where the coaching takes place. Use an (imaginary) line on the floor with a happy face on one side and a sad face on the other. The participant places himself somewhere on the line, in the place that corresponds to his mood.

Take a moment to find out what makes the coachee attribute a particular mood to himself. At the end of the session, also take a moment to reflect on any difference between the mood at the beginning and at the end of the session.



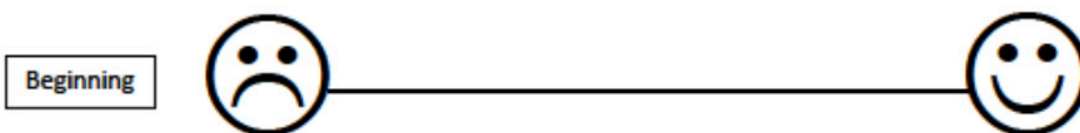
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MOOD METER

Date:

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