

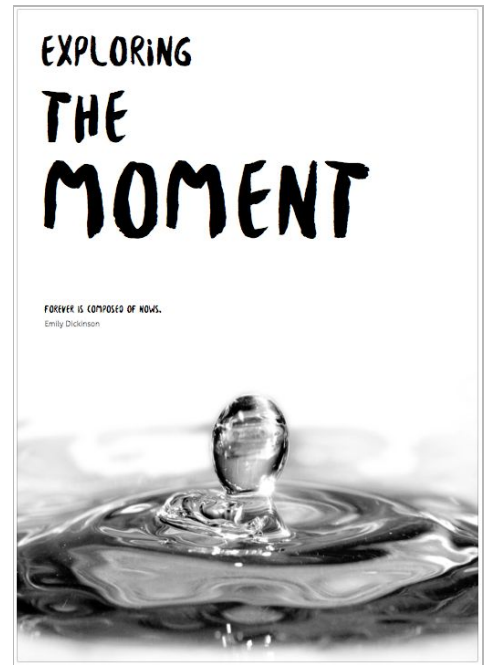
Facilitator's Notes:

Exploring the Moment

These notes work with the '*Exploring the Moment*' worksheet.

Feel free to adapt sessions, or develop your own. Do share your new plans or notes via our website

<http://kewstudio.org/explore-creativity>



Working with the Five Senses

You will need to bring materials to stimulate the five senses:

- **Taste:** sweets, different types of taste – sweet, sour, spicy... small neat items that won't make too much mess. You may also need to take into account dietary and health requirements
- **Smell:** essential oils, perfumes, hand creams, flowers, fruit, lavender bags, pot pourri, soap, and other traditional smells
- **Sound:** musical instruments, wind chimes; recordings of old music and sound effects, if you have equipment to play it; or be inventive with objects in the room
- **Sight:** colourful objects, postcards, pictures, old adverts, photos, toys
- **Touch:** materials with different textures: natural materials such as pine cones, shells, etc. can work well

Use these materials to stimulate a two-way conversation, exchanging memories and thoughts. NB Obviously you will need to find out about any dietary needs before doing this and, of course, if necessary be watchful that participants do not try to eat small objects (other than the sweets you have offered!)

A few dos that you probably know already...

when working with the five senses

Time – stimulating the five senses needs time, so aim to be relaxed yourself in advance of the workshop to create a calm and receptive atmosphere. You could allow extra time in preparation to have a few moments to yourself and be still, or include a relaxation exercise in the workshop for everyone to centre themselves.

Space – Sit beside your partner, at the same level, rather than lean over them. Knowing your participants, you might want to stimulate memory sharing between them as well as in one-to-one interactions.

Listening – listen to your partner, reflecting back their last words or a phrase that seems important for them to continue with their thoughts.

Silence – can be a positive rather than a negative. Many people get anxious about silence so this is your chance to model to participants a companionable silence that can open up space for unspoken thoughts and feelings to come to the surface

Encouragement – be genuine and specific e.g. *“I really enjoy hearing your memories”*

Finishing – if a participant seems to need more time to talk with you than you have at present, say something like: *“I have really enjoyed talking with you. Perhaps we can we continue this another time?”*

Discussing – be sure to treat participants as equals when talking with them. Keep to the Adult Ego state. (See *Working Together*) If they ask what you think, using the feedback phrase: *“When you... I feel...”* will give you a pattern for authentic discussion. Sharing some of your own thoughts and feelings with the participants makes for a more equal and much deeper relationship.

A few don'ts that you might know already...

- Don't rush the participant in an effort to do too much. Take time to enjoy the experience with them.
- Avoid saying something is wrong or would be better described another way...avoid 'corrections'. People can experience things in sometimes surprising ways and it's important to validate their experience even if it seems odd to us.