

*Title	Circle with movements
*Duration	20 mins
*Nr of participants	5-20
*Logistics (space, materials...)	empty spaces for the group to work in a big circle. Music can support.
Precautions	People with difficulties in moving or standing for a long time can do the circle using chairs/wheelchairs.
*Objectives	building self confidence, trust and listening of the group
Preparation	Participants are standing in a circle. Music with a clear rhythm or beat that would be easy to follow.
*Description	For the first round, each one proposes a movement, stepping in the circle. Every movement is ok, even small ones. In the second round, each one does the same movement with the same order, and does it x4 repetitions. Everybody follows and does the movement together. There can be more rounds, making the movement more fluent and with more repetitions (8x)
Variations	the movement can be inspired by a suggestion (how do you feel today etc) Stops and different speeds can be used to make the choral movements more of a dance.
Guidelines for the instructor	More important than rhythm is listening and moving together, so this is the most relevant dimension of the activity.
Origen	Dance Movement therapy DMT