



# DOBO

## Dancing on behalf of

**Purpose:** To form connections within a group and with our bodies while honoring something meaningful to another person and experimenting with another way of taking in stories that we hear.

### What you'll need:

- At least 15 minutes
- 1-minute piece of mindful, mildly up tempo music (example [here](#))

### Instructions

- 1) Introduce the ritual and demonstrate with an example.
  - **Instructions for participants:** *Let people know that they will be moved to breakout rooms in pairs, and once in breakout rooms, each person will take turns telling the other about someone or something that they're thinking about in their heart and gut, and tell a story about that someone/something. For example, it could be a family member, friend, pet, colleague. The person listening can just witness and no response is necessary; they can just notice what they're feeling in their heart and their gut. When we come back in plenary, each person in the pair will take turns dancing on behalf of the story their partner shared for 1 minute. It can be a small subtle gesture or can be huge movements — see what comes up. The pair also decides who will dance in plenary first.*
  - **Instructions for facilitator:** *As a demonstration, mention someone or something that you're thinking about in your heart and gut, and how it feels in your body. Express what's coming up with movement — this could be a fluttering of your hand or a dance that involves your whole body. Emphasize that it's the listener who will be dancing on behalf of the other's story.*
- 2) Move people to breakout rooms in pairs for 5 minutes.
- 3) Once everyone is back in plenary, ask the people who will not be dancing first to turn off their cameras. Only the people dancing first should have their cameras on. These



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- people will have 1 minute to dance/move according to whatever comes up and to what they feel in their body while their partners observe. Play music and stop after 1 minute.
- 4) Then have the people who just danced turn off their cameras and ask the people who were observing to turn on their cameras. The people with their cameras on will again have 1 minute to dance/move according to whatever comes up and to what they feel in their body while their partners observe. Play music and stop after 1 minute.
  - 5) You can close by asking people to share one word or one sentence describing what it was like to do this ritual.