

Pieces of Home – Making a Home-full space

An activity to create safe spaces and help build ensemble and community

When everything feels upside-down . . . How do you find 'home'?

Let's look at some different . . . “Pieces of home”

But first, let's meet in a circle so we can respect our own dynamic spectrum.

“Pieces of home” Physical matter matters

What objects do you repeatedly use – go to – to ground yourself in a 'sense of home'. Objects that remind you of that feeling and help comfort you during times when you are apart or on your own.

What I'm wearing – Look at what you are wearing and think about how the items you wear can – in a way – transport you through space and time to a 'sense of home'.

What I have with me - Look at what carry around with you and think about how the items you carry can – in a way – transport you through space and time to a 'sense of home'.

Share two of these objects and how they connect with you – if you'd like.

“Pieces of home” Grounding in sound

Please get comfortable. We will sit in silence (as much as possible) for 1 minute.

After 1 minute of silence . . . we will sit in silence again (for 1 more minute), but this time . . . imagine the sounds you are familiar hearing around you “back home”

Can you hear them?

If not, what faint (or not so faint) sounds that you noticed that made you think of you 'sense of home'.

Share you sounds and fill the room with different noises.

Or try it again with longer silences. Or more sharing of sounds.

“Pieces of home” Words, words, words *OR* Words 3 ways.

What are the words that give you a 'sense of home' – in whatever language, form, character or phrase. Write it down, then speak it out loud and sing it as well, why not? ;)

“Pieces of home” Scratch and Sniff – Taste the air

Let's focus on our breath and resonators for a moment. Breathe in and out. Feel the air entering all of those areas of respiration. Noses, nasal cavity, mouth, throat, larynx, lungs and down to the diaphragm.

Full breath.

Let's repeat it a few time. Feeling good?

Let's try it again and this time let's think of what we taste or smell – in this room and about us. What are the scents or flavors that bring you home? Which ones spark memories of home or transport you, even temporarily, to that sense of home.

Share them. Smell and Taste them together.

“Pieces of home” Everywhere and all around

Take a close look at this space. Get a sense or feel of it (literally if you can). Observe it, get close to it or distanced enough to see it all. Use sharp focus and soft focus. Get a feeling for the details. Feel its presence. What parts of the space give you a 'sense of home' – reminds you, connects you or just feels 'homey'?

Go to it, be with it and share.

“Pieces of home” Repeating Rooting Rituals

What is one ritual practice you can do here and now to connect you to a 'sense of home'?

Can you share it with us?

Practice it with us?

And we can all do the same in return.

We can turn this place into all of our intersecting homes, if even for a brief moment and make a home-full space.
