Focus Your Locus

Activities That Focus the Power of Individuals and Groups

Physically Active Classrooms Institute
Making the ConneCTion
Physical Activity and Academic Achievement

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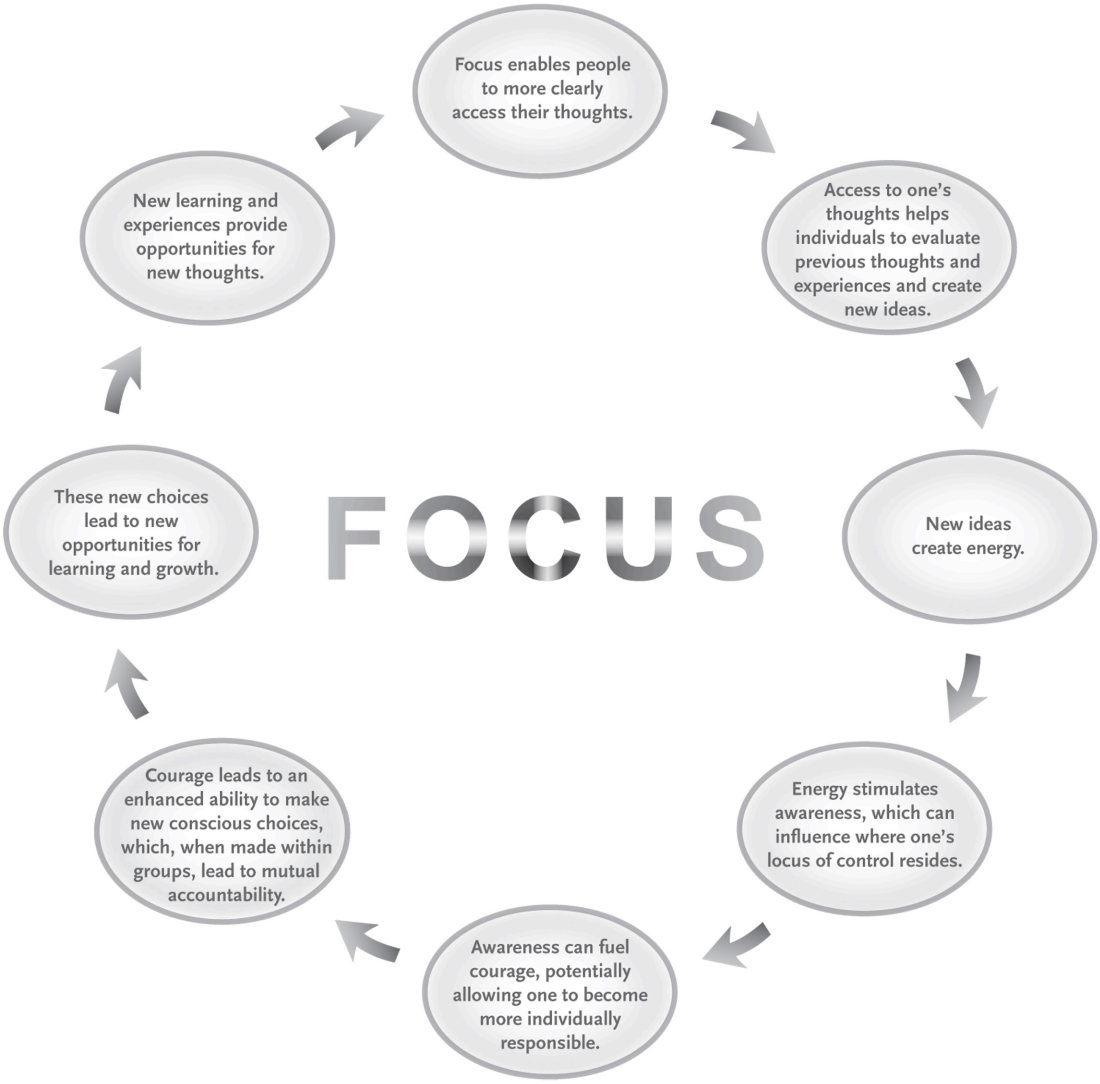
Focus Your Locus



Locus: a center or source, as of activities or power: *locus of control* (Dictionary.com)

Locus: a center or focus of great activity or intense concentration (American Heritage)

Energy Ball – A small battery operated device that demonstrates the electric energy running through all humans. Have group hold hands. Have two separate people touch the contact points on the energy ball, without touching each other. The ball should flash and make noise. When the chain of contact between the group is broken, the ball becomes quiet. The chain of contact can be broken anywhere in the circle.

Washer Pendulum - This indoor exercise of quiet watching is designed to focus your individual energy on an object. It develops the skill of blocking out the extraneous input from your environment. Tie a foot-long piece of string to a washer. Sit in a chair or on the floor so that your elbows rest on your knees. Using a finger from each hand, hold the string to your forehead, letting the pendulum hang down in front of you. While remaining as still as you can, focus all your energy down the string to the washer. The goal is to be able to make the washer swing in the direction you desire. Try front to back, side to side, clockwise and counter-clockwise. Try making it stop. Try it with a partner, holding the string between your foreheads. Have a group sit in a line, and all do the same movement, at the same time. Amaze your friends and dinner guests.

Pringles - This is an activity that starts as an individual focusing activity. It is focusing because you must be patient enough to find your personal learning style that best helps you comprehend the common rhythm. Then it is a gathering of individual styles into one bigger group sound. The rhythm is introduced through a multiple intelligence approach. Once the group has had time to learn the rhythm, it is time to start passing the cans after the rhythm is produced each time. Progress slowly, allowing group members to help each other.
Check out videos on of this activity on our website: http://www.focusyourlocus.com

Bull Ring / Write Together - The combination of these two activities first re-focuses the group through a shared simple physical experience. Then, the transition into making a common symbol, allows them to re-establish roles and patterns that have been successful for them in the past. Begin by simply having the group experience a common physical task by raising and lowering the Bull Ring off its base. Add a tennis ball and try again. Next, have the group lift the ball and rotate the group 180 degrees around the base, then land the tennis ball. Introduce the concept of the Write Together. Give them a sheet of paper and ask the group to create a symbol of your choosing on the paper.

Laughing Symphony - We use this activity to help students "get the sillies out". Although individual styles of expression are encouraged, the beginning instruction of a common ending signal seems to be enough for everyone to focus on one thing, the facilitator, in this case.

Levitation – This activity is very effective at demonstrating the focused power of the group. The person to be levitated sits in a chair, feet flat on the ground, hands by their side. The four lifters gather around the chair. Upon a signal, the lifters place their palms together and extend their index fingers and thumbs (James Bond position). Next, two lifters place their index fingers under the armpits of the person to be lifted and the two other people under the knee-pits. Have a spotter (facilitator) in place behind the head of the person being lifted. On the count of "1, 2, 3, Lift", the group tries to raise the person out of the chair. After what will probably be only a small amount of success, the group makes a stack of hands in front of the seated levitatee. Focus on the band of warm, shared energy running between the wiggling fingers. On a signal, everyone will remove their hands in the reverse order and re-assume their lifting positions. On another "1, 2, 3, Lift" count the group raises the person to astonishing height. This is when the spotter's role becomes very important. We have seen lifters so amazed at the group's relative strength that they actually forget they are responsible for the safety of the person they are lifting. As a facilitator, be ready to help support the person in the air or help guide them back into the chair.

Mirror neurons are located in a specific part of your brain. They are a specific type of motor neuron that helps you in two specific ways.
Firstly, they enable you to gain experience about a physical activity, merely by watching someone else do it. In your brain, seeing is the same as doing.
Secondly, they also let you collect information about the emotions that others feel as they are going about their day, whether it is at work, play or elsewhere. This is what lets us, as humans, be **empathetic**. This ability to collect and relate to another person's emotions is what sets us apart from other animals. It is why we get very emotional at a sporting event, the movies, a ballet, etc. It is this ability that leads us, as groups, to those "a-ha" moments we all enjoy.

"Mirror neurons are the way that you tap into, the way that you harness your own abilities and project them out into the world". - Daniel Glaser; University College London

Caution – These activities are not quick fixes. They are meant merely to re-focus the individual focus of group members or to re-harness the collective energy of a group. When this is needed, it is often mid-activity; where the group has backed themselves into a corner they can't seem to find a way out of. The group may have forgotten the purpose of their time together or have become dysfunctional.

PRINGLES STOMP
(Verbal Linguistic)

1ST PART

CLAP - CLAP –

TAP TAP TAP –

CLAP – GRAB TOP WITH RIGHT HAND –

MOVE 1' (foot) TO THE RIGHT & AND PLACE DOWN ON TABLE (LID-SIDE UP)

2ND PART

CLAP – REVERSE GRAB (THUMB DOWN) -

ROTATE CLOCKWISE UP, TAP BOTTOM OF CAN ON DOWNWARD FACING PALM OF LEFT HAND –

PLACE CAN (LID-SIDE DOWN) DOWN –

ROTATE CLOCKWISE UP –

GRAB TOP WITH LEFT HAND –

SMACK TABLE IN FRONT OF YOU WITH RIGHT OPEN PALM –

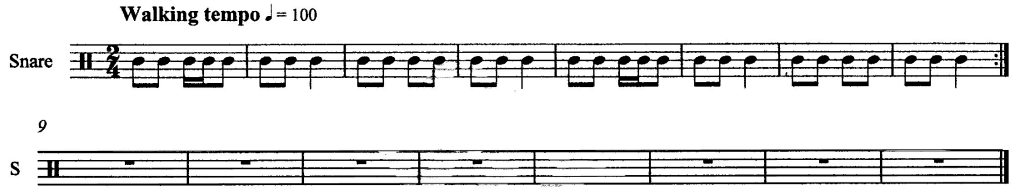
CROSS LEFT HAND HOLDING CAN OVER RIGHT ARM –

PASS CAN AND PLACE IN FRONT OF PERSON ON YOUR RIGHT

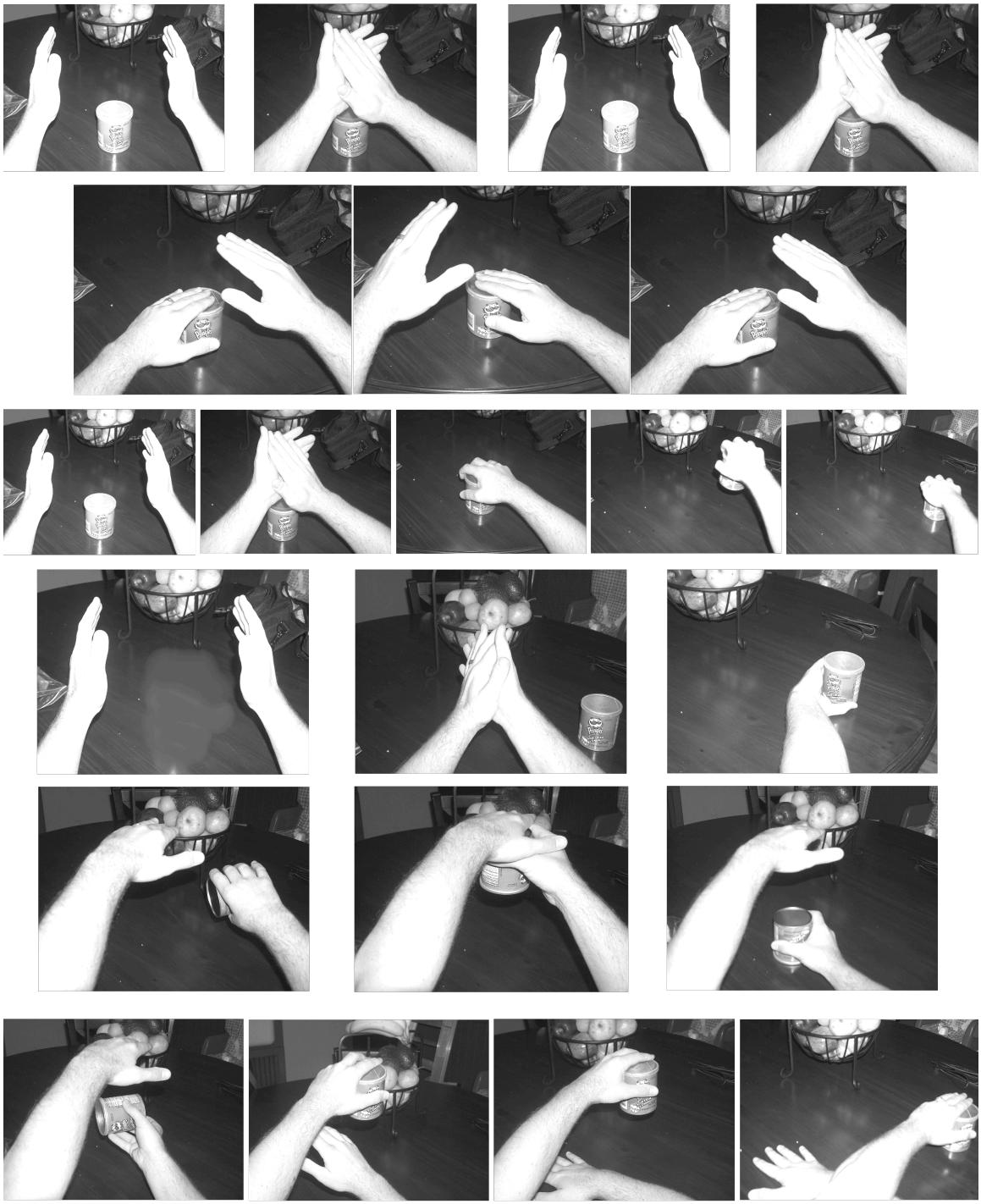
REPEAT

Pringles Stomp Musical Notation
(Musical Intelligence)

Pringles Stomp



Pringles Stomp
(Visual / Spatial)



Resources

Link to the Prezi from the Workshop:
http://prezi.com/cthp80carzk3/focus-your-locus/?auth_key=1abfca90f7cc9a8b83c87d48ae1180ca143bfdcd

Find Focus Your Locus on Facebook!
http://www.facebook.com/pages/Focus-Your-Locus/166216053413467

Publications

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Websites

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www.sciencedaily.com/releases/2007/11/071106123725.htm (Mirror Neurons)

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