

**Body space - Peripheral perception:**

Close your eyes and do a sensory scan of the relation between your body and the world. This includes:

1. Feel the skin and touch. Sense how you touch the ground/seat as part of the gravity that pulls us towards the earth
2. Take a deep breath. Smell the air and imagine how the oxygen is produced by plants and trees all around the world
3. Listen to the sounds. Pay attention to how the space sounds - such as the voices from the street or make a sound to hear the space

**Body space - Spaces of Possibilities:**

4. Let go of the individual senses and explore how the whole experience of the situation feels
5. Move your attention to an experience of a situation that made you feel free and able to act. Activate a spatial imagination that gives you the feeling of being there
6. Keep that feeling in mind as a motivation or energy for the future actions - movements

**Social Space:**

7. Begin to add words and name the feeling that drive the actions/movements. How would you describe it to others?
8. Find words that describe the a set of goals for the movements (actions)

**Societal Space:**

9. Describe the relevant societal context for the movements - what are the problems and possibilities?
10. Produce a scenario for how to act in this context to achieve the goals