

## INTIMACY REMINDERS

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| BUTTON            | <ul style="list-style-type: none"> <li>• Short for “pause button”</li> <li>• Means “time out” or “no” or “I have a boundary”</li> <li>• Response to button is always “What do you need?”             <ul style="list-style-type: none"> <li>○ Person who says “button” gets to decide what happens next</li> <li>○ Examples: “I need five minutes” “I have a boundary around people touching my knees, so can we do shins instead?” “</li> </ul> </li> </ul>   |
| BOUNDARY PRACTICE | <p>Pair up with your scene partner</p> <ol style="list-style-type: none"> <li>1. Stand opposite scene partner and choose who will be A and who will be B.</li> <li>2. Person A uses a slow wiping/swiping movement to show Person B all the places on their body where they are giving them permission to touch in this rehearsal/performance today. No talking is necessary.</li> <li>3. Person A says “Would it work for me to take your hands?” If Person B says yes, Person A takes their hands and moves them in that same wiping/swiping movement over those places they’re giving permission to touch. (If Person B has boundaries surrounding touching parts of someone else’s body, they can call “button.” Options for doing this another way include hovering, following hands, placing hands on top of another’s, or just looking.) (NOTE: You may discover that when someone else is about to touch someplace, you actually DO have a boundary there! Boundaries can change.)</li> <li>4. Person B says “I noticed a boundary around _____” (name parts of body where no permission was given to touch). Person A clarifies as needed. (Use language of muscles and bones)</li> <li>5. Switch and repeat!</li> </ol> <p>RESIST THE URGE TO EXPLAIN/JUSTIFY BOUNDARIES</p> |
| OPENER            | <ol style="list-style-type: none"> <li>1. My name is ____, and I’m playing the character of ____. I respect your boundaries and I’m excited to work with you.</li> </ol>   |
| CLOSURE           | <ol style="list-style-type: none"> <li>1. As the character of ____, I am feeling ____ and doing ____.</li> <li>2. As myself, I am feeling ____, and doing ____.</li> <li>3. When I get home, I’m looking forward to ____.</li> <li>4. *hup/hit thighs* *clap*</li> <li>5. After everyone has shared, *hup/hit thighs* *clap* *hup/hit thighs* *clap* *hup/hit thighs* *clap* *YAAAAAY!*</li> </ol>   |