

The Power of Opposites

Exercises for home-bound seniors, caregivers, parents, children, and anyone who needs a break.

15 minutes

**For an audio version
in English and Spanish**

dial: 646-880-9127

**Breathe in and let it
out ahhhhhhhhhhhh**

**Breathe in
and let it out
whooooOOOooo**

**Inhale—scrunching up our
mouth and nose and jaw
and eyes! Scrunching to the
smallest you can scrunch like
a tiny mouse**

**Exhale open up your mouth
and eyes and stretch your
face out wiiiiiiide. Let your
body take up space.**

Repeat.

All sounds welcome

WITHOUT THINKING ABOUT IT, let's list out loud all the things we DON'T know. Let it be the first thing that comes to mind. Trust your impulses and surprise yourself.

We'll start each sentence by saying "I DON'T KNOW____"

For example:

I DON'T KNOW how to fix my door

I DON'T KNOW when I'll see my students

**SET A TIMER FOR 1 MINUTE
AND BEGIN!**

“I DON’T KNOW _____”

“I DON’T KNOW _____”

“I DON’T KNOW _____”

“I DON’T KNOW _____”

“I DON’T KNOW _____”

DING!

AND NOW we'll speak a list of things we DO know.

Let it be the first thing that comes to mind.

For example:

I DO KNOW how to write an email

I DO KNOW how to breathe deeply

**SET A TIMER FOR 1 MINUTE
AND BEGIN!**

“I DO KNOW ___”

“I DO KNOW ___”

“I DO KNOW ___”

“I DO KNOW ___”

“I DO KNOW ___”

DING!

Today we invite you remember all that you do not know, so you can remain curious and practice ease in the face of all the unknowns. And to trust that YOU ARE NOT ALONE IN NOT KNOWING

AND THAT YOU DON'T HAVE TO KNOW EVERYTHING

AND THAT WE ARE ALL WITH YOU!

AND THAT THE WORLD WOULD BE BETTER IF WE ALL ADMITTED WHAT WE DON'T KNOW!

We also want to remind ourselves that we do know things, we've learned so many things, and these skills small and large are what stitch together and make possible the most beautiful parts of our days and lives.

We thank you for your knowledge.

To end, we want to invite you to imagine a NEW country. You are creating this country. You get to make up its laws, its geography, its language, its value system, its national anthem.

Imagine that you are floating above it so you can see your country below.

Are you seeing it?

Is it coming in to focus?

What is your country called?

What is the motto or the value system or the rules of the land?

What do the people of your country feel and believe in?

How does time function?

What would we hear and see if we were walking through your country?

Where would be the best gathering space?

What is the most important place in this land?

What is on your country's flag?

Lastly, does your country have an anthem or a song? What does it sound like? Will you sing one verse?

We'd love to hear any of your visions for your countries, or any lists of what you don't know and what you know.

Call us at 646-880-9127 and press 0 to leave us a voicemail. Press 1 to hear an audio version of this episode in English and 2 to hear a version in Spanish.

You can also send us feedback and wishes for future programs at silverliningradio@gmail.com

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