

Love & Tenderness

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

23 minutes

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

dial: 646-880-9127

Today we're going to focus on tenderness. And how we can be tender with ourselves. When we're by ourselves it takes a little extra creativity!

**We'll warm up by “writing”
with our bodies. In whatever
position is comfortable, spell
the letters of your name with:**

Your fingers

Each elbow

The tip of your nose

Your sternum

Your tail bone

Your toes

**Imagine that each part of your body is a
paintbrush and you are writing into the
air around you**

Rest a hand on yourself.

Imagine that your touch is as sweet as the touch of another.

Now hold your own hand.

Really hold it like someone else is holding your own hand.

Feel the weight of your hand

Trace your jaw.

Continue to play both roles, the toucher and the touched.

Thank you to Faye Driscoll for this exercise

**Okay. We want to talk with
you about FLIRTING!**

**FLIRTING is a way of saying
to the world I AM ALIVE!
It is a romantic way of
LIVING, of SENSING what is
around you. It goes beyond
interactions with one person.**

**(We don't know about you, but we could
definitely use some of this energy right now!)**

We'd like to ask you:

***When was the last time you
flirted with someone?***

What season was it?

What prompted it?

How did you feel in your body!

**Can you let that little wave of electricity
flow through you from your toes to the
hairs on the top of your head!**

**To keep that wave of
electricity
and giddiness
moving through our bodies
we are going to shake from
our toes
to the top of our heads
and make
a
surprising
sound
!**

We're going channel this playful energy right now.

**YES, WE ARE GOING TO FLIRT.
BUT WITH WHAT, YOU ASK?
WITH SOMETHING IN OUR ROOM!**

Find an object that you have affection for (A lamp? A rug?). Even if it is minimal affection, we are going to embrace it today and practice FLIRTING.

Okay have you found your object? Now we are going to try out some flirtatious moves...

Can you give it a little wink?

Can you give that lamp a double take?

Can you be struck by its beauty?

Can you gasp in amazement?

Okay! You've gotten your object's attention, now what will you...say?!

E.g.

“Oh hey Hair brush, you send chills down my spine every morning ”

“Table, did you know, I can really see us spending some good years together!!!”

**NOW! CAN YOU PROFESS
YOUR LOVE TO SOMETHING
ELSE IN YOUR ROOM?**

Give it a try!!

HOLD ON, why are we doing this?!!

We are flirting in this absurd way because flirting is a way of CELEBRATING OUR MOST ALIVE, PLAYFUL SELVES. And saying to what surrounds us, *I see YOU, AND IM GOING TO give you a little of my delight!*

In this way, flirting is a kind of power. A power we all have.

A meditation:

Who are the loves of your life?

Who makes you feel loved?

You could think of people or animals, old loves, new loves. You can include those who are no longer with us but that you still carry with you.

**Let these beings & names
hover....**

Can you invite the ones you
love to join you in this room?
To fill up your space and all
the space inside you?

**Today we want to celebrate
the love you experience in
your life and remind ourselves
of this expansive capacity.**

**Let's take a few deep breaths
and sit with anything and
everything that you are feeling
right now.**

We like that last exercise because by picturing specific people, we feel a genuine feeling.

What really helps us think about love, is getting SUPER DETAILED.

Our final exercise invites you to picture THE TINY DAILY ACTIVITIES that are what love really feels like.

**We're going to SAY a LIST of
WHAT LOVE IS.**

**And we're going to make it up
ON THE SPOT.**

**We'll start each sentence by
saying "LOVE IS ____"**

For example:

Love is the smell of onions cooking

Love is turning off the lights at night

Love is the sound of you breathing

through your nose as you listen

**Love is leaving someone the best bite of
the sandwich**

Love is asking "How can I help?"

**It should be specific to you
and only you**

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

“LOVE IS ___”

“LOVE IS ___”

“LOVE IS ___”

“LOVE IS ___”

“LOVE IS ___”

DING!

To end today, play a song you love (or listen to our song by calling 646-880-9127)

As the music plays, we invite you to sway, stretch and move in all the ways that make you feel good today.

Let this music and your movement make you feel sensual and alive and loved.

**Thank you for dancing,
flirting, and sharing all the
love today.**

**We'd love to hear any of your lists of
WHAT LOVE IS.**

**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
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