

# Cross Crawl: Instructions

**For Up or Down Regulation, Depending on the Speed**

**For Building our Bandwidth for Complexity in Reltional Space**

**A Good Warm up For Team Activities and Cooperative Group Projects**

Stand comfortably, facing your partner. Decide who will lead first.

Make sure you can see one another's knees when they are raised.

**Leader** - Stand tall, eyes open with or without eyecontact. Start with touching right hand to left knee as you raise your knee. Then switch sides and repeat, finding an easy rhythm.

To add complexity, do it in the back, touching one hand to the other foot.

For more complexity, switch front to back every few touches.

For even more, do it with your eyes closed, or do it faster.

**Timing:** 1-2 minutes, or only as much as you like.

**Mirror** - Eyes open. Mirror your partner's gestures and pacing. Keep a steady eye on them so you can mirror and be available for eye contact. When they make eye contact, allow a smile to kindle.

**To End:** Pause, eyes closed, spine tall. Connect with yourself, sense your feet on the ground and notice your nervous system for a few breaths. Then open your eyes, and reconnect with your partner.

Each **TALK!** 1-2 min. Share about your experience, leader first. Switch roles, and repeat.

**Suggestions:** Find easy rhythms. Build complexity slowly. First do front, then back, then alternate back and front. Then try closing your eyes. Also try going faster. In both roles, balance a sense of feeling your own rhythm and movement with attending to your partner.

Can be done as a partner exercise, no leader, no mirror.

**People like:** "Feeling present, awake, coordinated and ready."

**Challenges:** Can be complicated and frustrating and cause shame.