

Experiment:

The connective power of stillness and movement

Introduction

During the « unthinkable experiment », we connected with a lot of people and started questioning what it meant for us and how it happened.

We noticed that when we dance together it seems to help us open up to others on another level.

Thus we decided to look a little further and try to show how connections can be made by movement but also by standing still.

Method

We did the experiment twice with groups of approximately 15 and simply asked them to stand still. They didn't know how long the task would last.

After 4min30s, we told them that they could move again and give us their feedback by answering a few questions.

Then, the second part of the experiment started: we asked everyone to move. Again, after 4min30sec, we told them they could stop and discuss their feelings.

Feedback

1. How long do think it lasted?

Both groups estimated quite well the duration of the experiment, although their perception of time was different in the 2 phases. Most people expressed that the still felt longer but some of them also perceived the first part as shorter.

2. Was it difficult?

People didn't find the experiment difficult.

3. How was the atmosphere?

In the first part: the atmosphere was serene, peaceful and even powerful.

The second part was more interactive, free.

Both also felt awkward.

4. What senses did you become more aware of?

The stillness allowed the participants to be more aware of their surroundings. Sounds, smells, feelings,...

They connected on a more personal level.

On the other end, movement gave access to touch and communication.

5. What are the feelings you experienced?

The first part overall felt peaceful, meditative, calm and powerful.

The second part was more fun, messy and free. Although moving alone felt different than moving in interaction with others.

Conclusion

Movement allows connection but so does stillness in a different way.

Standing still as a group gave the participants a sense of togetherness when movement gave them the power to play with it.