

“TO BE HEARD, TO BE SEEN”

This project will allow the students the opportunity of creating bodily movements from a place of impulse, as they investigate moving with different body parts of their bodies as well as playing with timing variations. This will flourish responsibility, individuality, imagination, decision making, and freedom within each student to move however they please through the art of dance.

THE PROCESS

- 1. Warmup: This will be the first part of this activity. Gather the students in the middle of an open space. Introduce them to three words: chaos, slow, and freeze. Using pedestrian movement, demonstrate how chaos, slow, and freeze can be utilized to represent the body's energy. Once they understand each word verbally and visually, allow them to walk around the space.**
- 2. In random order begin to call out each word. The students will then match their bodies energy to each timing variation.**
- 3. The structure can run for as long as needed. This will give the students the opportunity to warmup as well as understanding timing variation.**
- 4. Second part of this activity will consist of giving the students one word relatable to them. Example: The word SMILE.**

- 5. Using the body and one's own interpretation, they will each illustrate all the letters of that word, creating a movement sequence that will be repeated.**
- 6. Allow them to spend some time crafting each letter. Once they have their movement memorized for each letter, allow them to visually and verbally demonstrate their choreographic choices.**
- 7. Last part of this activity is to combine the warmup timing variations with their own choreographed phrase based on the word SMILE.**
- 8. They will begin showing their individualized phrases. Similar to the warmup, in random order, begin to call out the words chaos, slow, and freeze. They will find themselves repeating their phrase while adjusting to the timing variations.**

Here is a fun video link demonstrating the product. It is very important to keep kids active, imagining, creating, and having fun through the art of dance. How would you spell the word SMILE?

<http://youtu.be/4R3AIK35iI0>