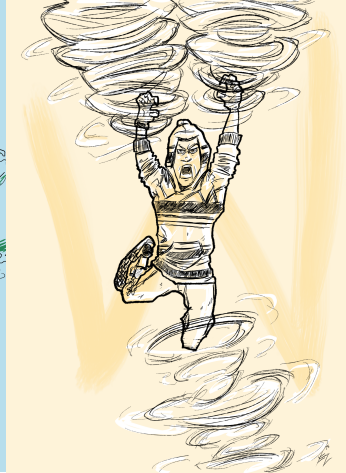
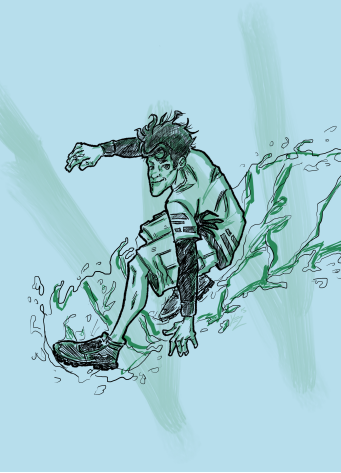


DANCING THE ELEMENTS

GLUCK School Program 2015 - 2016



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The purpose of this activity is to engage students in active improvisational and choreographic techniques to identify how dance and movement can express their unique personality as well as connect them to the larger world, specifically, the environment and the need to preserve it.

ACTIVITY

- 1) *This entire activity can be done by standing in a circle.* As the teacher, ask the students what the 4 natural elements are (guiding them if needed to Fire, Water, Wind and Earth), look like, how they feel and what they are used for. Then ask, "How does [fire, water, wind, earth] move?" and let everyone show their own interpretation of each element by dancing together.
- 2) Have the students repeat the words "Abundance" and "Conservation". For 30 seconds, have the students dance with an abundance of energy (keywords: fast, always moving, a lot) and then have them dance for 30 seconds by conserving their energy (keywords: slow, barely moving, a little). Ask follow-up questions like, "How does your body feel?" after each dancing session. Then ask them to dance as an abundance of [fire, water, wind, earth] or by conserving [fire, water, wind, earth] energy.
- 3) Using the images provided, hold up a single image and let the students dance that element. Keep changing. How is it to dance like water AND fire? Or earth AND wind? Or ALL 4 elements together?



