

CORD File: **Finding Joy: An Improvisational Dance Class**

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Lesson on Building Spatial Awareness Through Shapes

In this class, we are going to focus on communicating with our bodies instead of our mouth, this is called body language. When you work as a group you can be aware of the people around you. This is called spatial awareness—it means that we can walk through a room without bumping into something, or someone. Spatial awareness is important for this exercise for safety! Let's try not to bump into each other! Spatial awareness can also help us be more in control of our bodies and how we use them to communicate.

1. Individual Spatial Awareness: Focus on three shapes, circle, line, and triangle. Ask students to make the shapes circle, line, triangle, individually with their bodies.
 - a. Students can make their bodies into a circle by curling up into a ball, making a circle with their arms, etc.
 - b. Students can make a straight line by standing or laying down.
 - c. Students can make a triangle by using their fingers or hands, arms, legs, etc.
2. Group Spatial Awareness: Work through making the 3 shapes (circle, line, and triangle) as a group.
 - a. Circle: Give 10 counts to get into a circle. If students have trouble, use question and answer to help them problem solve why the circle did not come to fruition. Try 2 times.
 - b. Line: Give 10 counts to get into a line. If students have trouble, assign one individual point A and point B and situate them with space in between. Ask students to fill in between the two points. Try 2 times.
 - c. Triangle: Give 10 counts to get into a triangle. If students have trouble, assign three individuals, point A, B, and C. Situate the points and ask students to fill in between points to make a triangle. Try 2 times.