

# Dancing Outdoors

IMPROVISATIONAL MOVEMENTS INSPIRED BY NATURAL SURROUNDINGS

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There is a beautiful power inside each and every one of us to dance inspired by the world that we live in, and to create movements based on feelings, images, stories and experiences that are unique to us.

***Let's have fun, move our bodies, and use our senses to pay attention to the natural world around us!***

## Here's what to do:

- **Read through this whole document first.**
- Then, **watch the warm up video** wherever you have access to the internet and move along with me to get your body ready for dancing.
- Then, head outside with either a prompt from this document **printed** or a **portable electronic device with the prompt pulled up.**
- The warm up video is available on the Gluck Creative Classroom website next to where you found this document.

## What you'll need to have ready:

- **Your dancing body**
- **Shoes that you can dance in**
- **Pen or pencil and paper**

# Safety First!

- Please take care of yourself when you're dancing. Listen deeply to your body as you're dancing. Pay attention to how you're feeling and move in ways that feel good!
- Wear a mask when dancing in public spaces. Wash your hands well when you return to your home.

# Keywords for this Class:

- Dance
- Improvisation
- Choreography
- Sensorial Awareness
- Interpretation
- Nature
- Outdoors
- Connection
- Creative Movement
- Reflection



Photo by Megan Kendzior

Dancing in nature can inspire you to move in new ways. You may be able to feel a connection between yourself and your surroundings.

# Improvisational Dancing in Nature

- Through these materials, you will learn about **choreography and dance**, and you will develop awareness through **improvisational dance exercises outdoors**.
- The goal is for you to experience your innate and unique power while also **finding a connection with the natural surroundings** near your classroom or home.



We've all been  
inside for too long.

LET'S GO OUTSIDE, GET SOME  
EXERCISE, AND CONNECT WITH  
NATURE WHERE WE LIVE.



# Let's Warm Up!

- Taking care of your body is very important as a dancer!
- On the Gluck Creative Classroom website, you'll find a video called **Warm Up for Dancing Outdoors**.
- In this video, you'll stretch your head, neck, sides, arms, and legs. We'll also imagine ourselves dancing with the wind, the trees, the plants, and the flowers.
- After you've finished reading through this package, head on over to the website and dance along with the warm up video before you head outside.



Photo of Megan Kendzior by Jason Goodfriend

# Activating Sensorial Awareness:

When you get outside, take a deep breath and look around.

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When dancing outdoors, you'll start by scanning the environment around you. Tune into a deeper awareness of what's around you and notice if there are trees or rocks or bushes or grass or flowers or birds that catch your attention. Trust your impulses as you tune into your natural surroundings.



Photo of Megan Kendzior by Jason Goodfriend

## What is nearby?

Are there plants, trees, bushes, rocks, animals, water, wind, light, clouds?



Photo of Megan Kendzior by Jason Goodfriend

## What do you see?

- Let your breathing slow down and become fascinated with the littlest of things.
- Once you are calm and centered, let your mind wander.
- Take it all in as if you're seeing through new eyes.

# Pick a natural element to focus on!

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- Move close to the natural being or object that you picked. Spend 3-5 minutes in silence next to it, just looking at it.
- Move around it slowly, find a place to sit near or stand looking over it. Notice all of the nuances of the thing you've chosen.
- Use your senses – Is anything moving? What sounds and colors are present? Notice the saturation of the colors. What shapes are present in the object? Is there a smell? What memories or ideas does this object bring up?



Photo of Megan Kendzior by Jason Goodfriend

# Write or draw about what you experienced.

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- Reflect on what you see. Try to let the words or drawings flow out of you without judgement.
- Over the course of 3-5 minutes, notate how you felt during the observation period.
- What thoughts came up? What can you remember feeling? Jot it all down or draw a picture of your feelings.

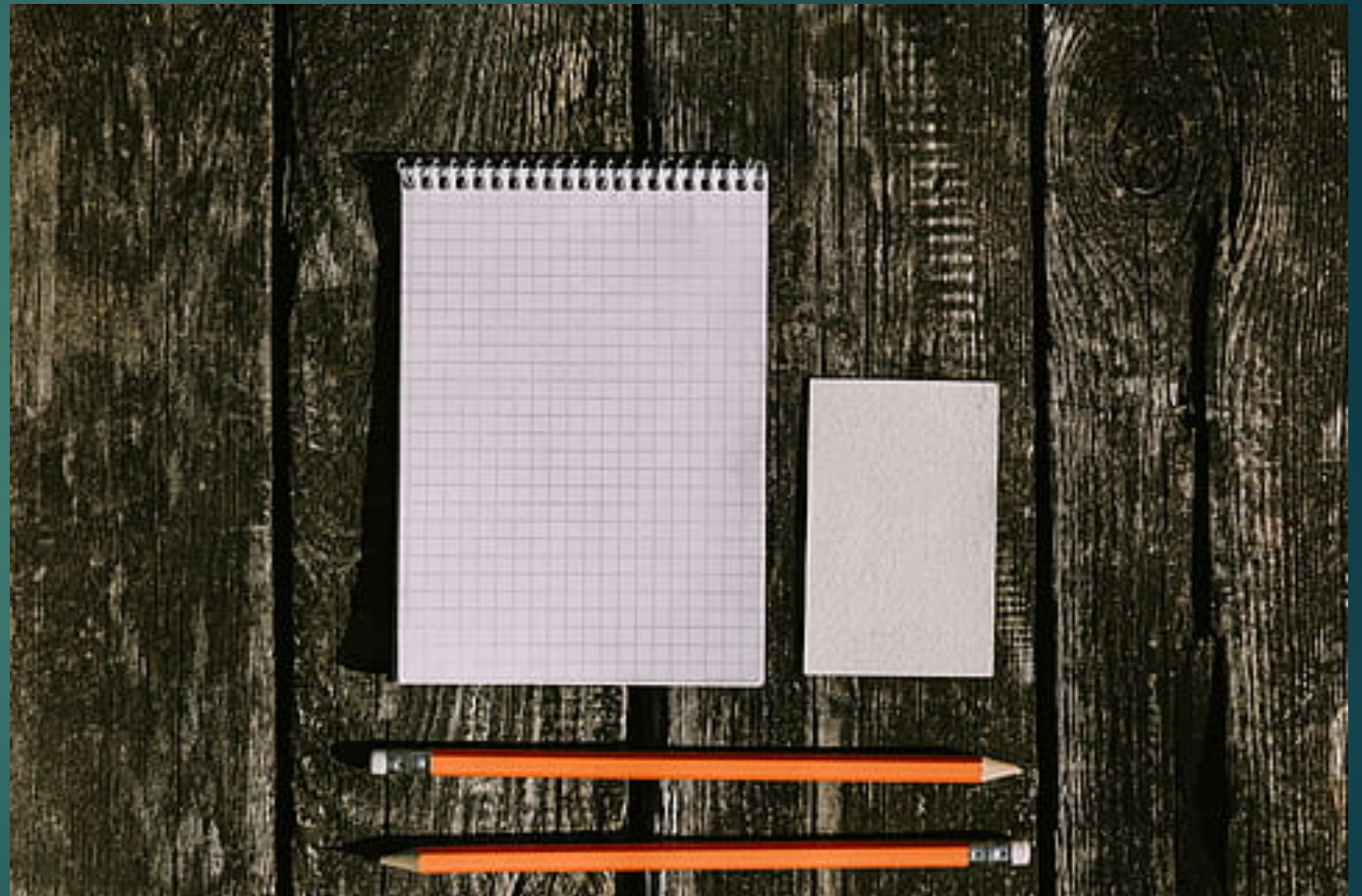




Photo of Megan Kendzior by Jason Goodfriend

## Time to Dance!

- Put your paper aside and begin to move. Dance for 3-5 minutes. Allow the shape, size, color, feeling, and motion of the object to effect how you move. Try moving big, moving small, close to the ground, far away from the object.
- Create a dance that reflects that object you chose.

# So how did it go?

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Take a **few minutes to reflect** on what you learned in this experience of dancing outside.

Remember the **keywords** at the beginning of this lesson and think about what you learned about *dance, improvisation and choreography*.

**How did you use your senses to interpret the natural environment around you through creative movement?**

Share your thoughts with a loved one or classmate.

# Thank you for dancing with me!

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I hope you had fun dancing outside and finding inspiration in your natural surroundings!

Now you can take these dance skills and use them whenever you want. Stay safe and enjoy getting outside!



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