

## Lesson Plan

Learning Outcome: Observational Skills through embodied practice

Into 5 min

The quest for the understanding of movement begins with everyday observations and experiences” (Loman S & Sossin K, pg 1)

We are going to explore some of our observational skills through movement, to encourage our kinesthetic awareness thinking about how we move?

This is part 1 of a series of workshops around:

- Why observe movement?
- How do we observe movement?

To do so we will use an everyday object, however the focus is not so much on the object itself, but on the movement that we do to interact with it. So to be clear, we are not look at the dramaturgy of the object, but at the dramaturgy of the movement, inspired but the object.

The seeds I would like to plant for todays activity is a curiosity seeds. Si invite you to reflect upon how you move.

How is your movement interacts and is affected (or not) by the object?  
How you affect the movement of the object (or not).

To do so, we will do a series of mini practical exercises, and after each moment I will invite you to reflect upon the experience by writing down/doodling/ drawing you reflections.

Please use the following to motivate your reflections:

What thoughts, feelings, images, and sensations came up?  
Which way of moving (responding to the verbal ques, felt more comfortable or habitual for you?)

**Quick check in/ warm up: 3min**

Take a minute to check in with your body, Notice how you are breathing (don't change it or modify it, just be aware of it. )

Notice how you feet are.. etc going up.

End with face and head, and pinching ears.

\*I'm observing how the group are interacting, if they are willing to move, comfortable, if they have their camera on or not.

\*If they are : invited them to mirror someone ?

\*If not lead them through a mini warm up.

### **Activity 1: 3 min**

Grab a pen or a pencil, of any kind, and a piece of paper. that can leave a mark on a page.

Observe the pen/pencil:

Smell it

Feel it

Sound.

Taste?

Doodle with it.

Note down anything that may have come up for you.

### **Activity 2: 10min**

WEIGHT: Strong

Light

The intention of Movement.

The sensation of how something or someone is tangible

SPACE: Direct

Indirect/Flexible

Space: The use of attention through movement.

The relationship to thinking.

TIME: Sudden

Sustained

Time: The use of decision through movement

The relationship to intuition, and how one may react upon it (think impulse and intuition)

WEIGHT: Strong

Light

The intention of Movement.

The sensation of how something or someone is tangible

Hold the pen against your skin, and press down hard, with a strong weight or with strong force. With an intention to leave an imprint. Move the pen along your arm, and notice how this feels.

Now do the opposite, hold the pen to you skin, arm with barely any weight, with a light intention to touch the skin.

Make a mark on page doing the same.

Reflect. How did it feel to move with...

Space: SPACE: Direct

Indirect/Flexible

Space: The use of attention through movement.

The relationship to thinking

- Move with pen, direct, then flexible pathways.
- Notice how you feel etc.

- Write your name, or any name, using only direct pathways, then only curved pathways (no straight lines).

What do you notice?

Reflect.

TIME: Sudden

Sustained

Time: The use of decision through movement

The relationship to intuition, and how one may react upon it  
(think impulse and intuition)

With the pen, draw and imagine a circle/triangle/square, keep drawing the outline in a sustained way.. never changing your speed, never slowing down or speeding up.

Do the same with sudden and irregular time, i.e. not even.  
Slowing down, speeding up, accelerating in general.

Draw a small square

Do the same colouring in a small square.

Reflect.

FLOW: Bound

Free

flow: the use of precision through movement

The relationship to the control and letting go of emotions.

Big box, little box, 1, 2, 3

Bound rthen free.

Draw name. Bound then free.

Conclusion.

Take a moment to look at your reflections.

As homework:

Try to link your reflections to the following:

How did the intention (effort) of the movement change how you interacted with the object?

How was you movement affected (or not) by the object, when this interaction changed?

**Close: 1min**

Close your eyes, or just listen. Go through the session. Try to come up with 3 words or 3 images or even 3 movement gestures that you can tangible gather to summerize your experience of moving with the pen.

After three we will, say then, or show them all together, all at once.,

## Feedback:

testing my experience with control

relaxing

calming

pulse points

relaxed, flexible movements experiences

weighted blanket, pressure pinch

Break until 11:06



Your positivity and confidence helped me to feel positive and confident even though this is out of my comfort zone



Managed tech issues brilliantly because you know the content well and had notes



Were the slides even necessary? I'm curious if you would have used these in an in-person space

