

"So... How do you feel?"

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Warm-up: Brain dance focused on awareness experience with feelings, both emotional and physical.

- Breath: Deep relaxing breathes. Focus on physical experience of diaphragm with crura moving in concert with abdominals. Focus on emotional memory of breathing in a favorite environment. Consider the possibility of a perfect breath.
- Tactile: Skin, muscles, joints. Pat & brush skin. Rub muscles. Tighten and relax joints. Then stand and relax... sense the tingle in the skin, sense any tension in the muscles (can you feel them relax?), sense any tight aching joints.
- Core/Distal: Go inside, send focus inward, being aware of emotions going on inside body. Go outside, send awareness out to the environment. Can you feel temperature and clothes on body? Can you smell anything? What do you see? Then physically open and close, grow and shrink. Open to world...open to self.
- Head/Tail: Arch and curl spine. Undulate side to side and front to back. Decompress spine. Imagine spine as river of nerves/feelings/sensations. See it as open/flowing/fluid. Spine is alive – feel it.
- Upper/Lower: Compare fine motor upper and lower, fingers - toes. Compare gross motor upper and lower, shoulders and arms - hips and legs.
- Homo-lateral: Do you have a homo-lateral dominant side? How does it compare with the other side? Can you imagine the other side dominant? Any emotions come to mind while walking with body half patterns?
- Cross-lateral: Gross to fine motor. Cross over and connect physically, sense of tactile. Play with different link ups with fingers. How does that feel?
- Vestibular: Experience grounding. Spin then ground/balance, with multi focus. Spin then ground/balance, with single focus. Spin then ground/balance, with internal focus. Spin with external then shift to internal focus. Compare sensations.

Discussion Questions for Peer Pair Share:

So... how do you feel?

What was an emotion that struck you while spinning?

What was a thought that struck you while spinning?

Did you prefer multi, single, or internal focus while spinning?

Activity Extension: Create word bank of feelings/emotions/sensations for each pattern of Brain Dance. Discuss own awareness, sensitivity, observations, and classroom applications.

Music: Dancemakers by Eric Chappelle

1. Emotion Walk: A. Walk in the general space until you hear the bell: try to keep body and emotions in a neutral state. B. When the bell sounds: stop and listen to the emotion word, walk and act in an exaggeration/cartoon reaction, stop: recall an instance when you felt this emotion, now walk with emotion in mind
2. Adding Voice: A. When the bell sounds greet another in gibberish with a non emotional voice (neutral voice)
B. Examples: Sad walk and voice, angry, shy, happy, tired, excited, scare
 - a. Relationship: move around the room and engage others in gibberish, numbers or letters communicating through body and voice happy, smiling, seeing only the good side, move to a lower opinion, hatred and anger to violence, forgiving back to smiling and loving
 - b. Examples: Impatience, nervousness, disinterest, fear, courage, cowardice, mean, excited, anxious
3. Peer Pair Share: What was the emotion that was easiest to cartoon? Hardest to recall?
How did you perceive other's emotions adding voice?
How did your emotions react to other's emotional energy?
4. Exploration and Improvisation: Without words enter into a group improv, using the music to inspire and direct your emotion and action

Music: "Pirates of the Caribbean" soundtrack

5. Peer Pair Share: What thought struck you as you observed and participated in a group improv?

Were you single focused on your experience, watchful and reactionary to others in a multi focus, a little of both.

Resources: Improvisation for the Theater (3rd Edition) Viola Spolin, Games for Actors and Non-Actors by Augusto Boal

