

Learning Objective Three: Understanding dance as a medium to create community in the world.

Class 6:

*I hour class

*Class is held outside if weather permits

Exercise: Co-creation

**In this exercise, students will build on their understanding of the connection that happens when moving with others. Students will notice everyone is moving. They will practice being intentional about this cocreation that occurs through this connection.*

-Students are asked as they walk into the room to take off their shoes and socks and sit in the middle of the classroom in a circle

-”check-in” exercise

-I will introduce learning objective three saying: Dancing helps us realize our connections with the whole and how we shape this world, dancing intentionally builds this community when you dance intentionally you build community... you see how we’re all moving together...how you can shape this movement and shape relationships...dance is a community creator. Quote: “We humans are driven by an *impulse to connect* with whatever will nourish and support our well-being, human and not. Compared to other animals our size, we are weak. Our senses are dull. Our eyes do not see like the hawk; our nose pales in strength to that of the sniffing fox; our ears miss mice that the cat does not...But it does register small vibrations, nuances of movement, as calls to connect, to touch, to move with. By moving with others, we adapt, we make ourselves at home, and we keep the movement of the early alive in us.” (Lamothe, 53-54).

-I will then introduce the class plan.

Co-creation:

1. I will ask students to get back into their groups of three.

2. will then ask them to each pick a song that they feel fits their group dynamic.
3. I will then ask them to build a group sequence. They will be choreographers!
4. I will say: "I want you guys to build into this sequence moves you noticed yourself doing from previous classes, movements you've noticed yourself doing outside of class, movements from homework or new movements. I also want you guys to mix in improvisation. You all have 15 minutes"
5. Groups will then gather back to the center of the room and each group will share their creation.

6. I will then ask the groups to discuss amongst each other how it went for them.

- I will then gather the group back together and share the idea with the class that they just had a "bodily conversation."

Homework:

Journaling for 15 minutes:

- How did it feel to create with others? Was it challenging? Do you like it?
- How would you describe in words the bodily conversation you had with your groups?

- "checkout" exercise

G. Class 7:

***1 hour**

Exercise: *Everything is Moving*

**In this exercise, students will notice again how their rhythms blend with other rhythms...both non-human and human beings. Students will notice how everything is moving. Students will notice how they've formed different relationships through movement to create community.*

-Students are asked as they walk into the room to take off their shoes and socks and sit in the middle of the classroom in a circle

-”check-in” exercise

-I will remind students of learning objective three.

-I will then introduce the class plan.

Everything is Moving:

1. I will ask students to go walk around for 10 minutes and explore.
2. Students will repeat the same exercise from last week, but this time they will incorporate their environmental surroundings in their piece. They will use movement inspiration from moving grass, moving tree branches, moving birds, squirrels, etc.
3. I will then ask the students to choreograph a dance for us all to do. Each student will be asked to put some movement into the dance. Students will also be asked to include the non-human community around them as well. This choreographed dance will be 1 minute. Students will create this for the rest of class.
4. Music selection: a recording of bird sounds from this area from a previous day

-”checkout” exercise

Homework:

Journaling for 15 minutes:

- How did it feel to create with others? Was it challenging? Do you like it?
- How would you describe in words the bodily conversation you had with your groups?