

From Me to We

Session 5

TIME

90 min.
including
break



Art of learning

T H E M E
1



WARM-UP: FORMATIONS AND NAME CIRCLES

This will happen:	Practise various grouping formations, warm up stretches and name and movement circle.
Materials needed:	
Preparations in advance:	
Preparations in the space:	
The space looks like this:	Open space.

GUIDANCE:

1. See how many, and how quickly the group can move from one formation to another (they have practised while the artist has not been there). Introduce 1-2 new formations.
2. Come back to a normal circle.
3. Do a short warm up stretch. The group (and other adults present) imitate the artist.
4. Everyone should now say their name and make a movement. It could be anything, but it has to be something different from what others have done.
5. Everyone responds by repeating the name and movement.
6. Stay in the circle to transition to the main activity.

REFLECTION: ONE WORD

This will happen:	Students should remember and reflect on the session by saying one word.
Materials needed:	Mat, carpet or blanket with room for all students to sit close together.
Preparations in advance:	
Preparations in the space:	
The space looks like this:	Optional room.

GUIDANCE:

1. Invite students to sit close together on the mat and be completely silent. Give them some time to settle down.
2. Students can choose whether to close or have their eyes open, whichever works best for them. Briefly identify the various things that have happened this session and invite students to think of one word they think is appropriate to describe how they feel about this session.
3. When they have one word clear, they can use their gaze and look at the adult as a sign that they are ready.
4. When everyone is ready, anyone can say their word. But only one person can talk at a time. If more than one person speaks at the same time, everyone must start again from the very beginning. Everyone is going to say their word just once. If it's hard (it's hard!), ask how they can get better? What works? (But they are not allowed to agree to an order to say the words). Continue until everyone has had their word spoken (or until their patience is exhausted). If unfinished, finish by letting everyone say their words in unison twice, as before.
5. Joint conversation: Acknowledge any frustration from point 4. Tell the students they will have another chance to work at this tomorrow! Repeat some of the words, acknowledging that they have been heard. Feel free to add follow-up questions to some of the words. Search for commonalities among the words and reflect with the students about it.

NOTES

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MAIN ACTIVITY: WHO ARE WE – DANCE

This will happen: Make a dance piece in groups, based on movements from the warm-up.

Materials needed: Something to play music on.

Preparations in advance: A playlist of music that's good to dance to.

Preparations in the space: Check that the technical equipment works.

The space looks like this: Open, large room, or gymnasium.

GUIDANCE:

1. Divide into groups of 3-4, for example, by counting in the circle so that all 1s are together, the 2s are together, etc.
2. Turn the music on in the background. In the group, everyone has to learn each other's movements from the warm-up. Then they're going to create a little dance including the movements from each group member at least once.
3. Let the groups work unsupervised, observe and notice how the groups work. Let the groups show an adult who can inspire them to do more. Can they add a new movement that shows they all have something in common as a group? Can they do it in reverse? Can they split up and do different things? Can they start at a different place? Let two groups show each other their dance to provide inspiration.
4. Presentation of group dances: Go into a banana formation quickly and sit down.
5. Talk about presenting to each other: What are they like when they look at each other's presentations? How can they support and be nice to those who are going to show them something? Have a conversation about this in advance of the presentations to raise awareness that they all have a part in creating a safe space to present work and to support those that are presenting. Practise doing a round of applause.
6. Let all groups show their dances. Give a big round of applause!
7. Finish with all the groups doing their performances to the music at the same time – creating a class dance!

NOTES