

# 1.2 LESSON OUTLINE

## ACTIVITY 1.2: Telling Your Story Through Movement

**OBJECTIVES:** Students will...

- explore self-expression and storytelling through movement.
- create and share movement choreography to convey their story to an audience
- develop appreciation for alternative methods of story-telling
- build empathy by learning about each other and observing commonalities

**VIDEOS:**

- Video 1.2 - Telling Your Story Through Movement
  - The video will highlight and discuss different elements of movement that students can use to create their own choreographed story for activity 1.2. Students will then be challenged to do the activity, share it with others, and reflect on the experience in the provided journal worksheet.

**PROVIDED MATERIALS:**

- Activity 1.2 Movement planning worksheet
- Reflection Journal 1.2 worksheet

**ADDITIONAL MATERIALS:**

- space to move
- free mind

**EXPLORE:**

- Play video 1.2
- Have your students make movement choices for their choreography using the Activity 1.2 worksheet

**CREATE:**

- Ask students to think about what makes them unique
- Have students decide if their movement story will be set to music, sounds, or silence
- Encourage your students to explore all elements of movement, get them outside their comfort zones

**SHARE:**

- Review audience etiquette with the class, and any parameters or time constraints they must adapt to
- Invite each student to share their dance
- Following each share, ask the observing students to share encouraging thoughts

**JOURNAL:**

- Invite your students to complete the journal entry in response to Activity 1.2



*Oceti Sakowin & Dakota Players Theatre Experience*

