



Teaching **A**rtist **T**raining & **I**nternship **P**rogram since 2000

School/Grade/CT(s): 3rd grade, in-school

Teaching Artists: Fumiko Kitada & Sari Nordman

Theme of Lesson: Dance & Visual Art

Restating of Guiding Question: How can we connect to our inner strength through movement and visual art?

Opening Ritual (3min, Sari)

Objective: Allow the lesson to begin from a focused, inner strong place

Activity Name: Giving/Receiving circular energy focus & breathing exercise

Brief Description: rub hands together, feel the energy, close the eyes and continue feeling the energy. Giving energy: what kind of energy can you give today to make this class a greater experience for everyone? Receiving energy: what kind of energy do you think you need today to make this class a greater experience for yourself?

Intro Activity (7min, Sari)

Objective: to get our bodies warmed up

Activity Name: a short dance warm up with stretches, body isolations, balancing, rhythmical exercises

Main Exercise (37min, Sari & Fumiko)

Objective: Students find a symbolic way of expressing their strengths in dance and visual arts.

Activity Name: Look at samples of symbolic shapes & Japanese characters; with a partner embody Giving/Receiving energies focused on in the opening ritual, and also illustrate them

Brief Description: Show images of symbolic use of feelings, dreams, energies etc. Also show in Japanese characters. TAs model their Giving/Receiving energies (embodiment) and then share a sample collaboration. Create a moving or a still tableau that symbolizes those energies.

After students illustrate their own energy symbol, a b/w drawing.

Sharing & reflection

Closing Ritual (3min, Sari)

Objective: To re-focus students' attention

Activity Name: Eyes closed breathing exercise

Brief Description: Imagine a balloon and fill it with air & slowly release air out, repeat



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Multiple Intelligences Addressed:

Logical-mathematical; Spatial; Linguistic; Bodily-kinesthetic; Interpersonal; Intrapersonal; Naturalistic; Existential

Classroom Teacher Role: Provide support and help us to uphold a calm/creative classroom culture; add their own ideas!

Creative Elements Skill(s): Imagining, concentrating, critical thinking, writing, planning, collaboration, creating, making, embodying, illustrating

Theme(s): Art, language, moving body, symbolism, focus

Artists/ Authors/ Works of Art: Music plays through the intro activity