

# MOVEMENT CLASS



## Creative Learning Through Movement with Sonja

### Shapes and Layers

With **shapes** taped on the floor, the children outline them with their hands and feet, trace them in the air and on the ceiling with their fingers and toes. They make the shapes with their whole bodies -- curvy, pointy, crooked, straight, smooth, jagged shapes. Some children make stable, supportive, strong shapes; others make shapes that adapt, transform, and move around, over or underneath those stable shapes.

With **three concentric circles** taped on the floor, we explore what it is like to change our size as a group and individually.

Standing on the middle circle, we expand together to the outer circle and then gather back to the middle and shrink all the way to the inner circle. Collectively and individually, we stretch out and squeeze in, expand and contract, inhale and exhale, inflate and deflate.

We also explore how each circle represents a layer inside our bodies.

- The inner circle is our inner layer -- our beating hearts, our expanding and shrinking lungs, our other pulsing organs. The children enact these deep, ongoing in and out rhythms in us.
- The middle circle is our middle layer of muscles (along with our protective bones, connective tissues, etc) from where we move through space. The children hop, jump, skip, run, crawl around this circle.
- The outer circle is our outer layer of skin, our boundary which connects us to and contain us in the outside world. The children form a container, hold shape, stretch and meet the world around them.

Together the children make a layered, pulsing, moving, contained organism. They take turns exploring what it is like to participate in each of the layers within the group.

