DANCE OF THE TALL ONES

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N° of pax 2-20

body | movement

3 hours

indoors | outdoors

PURPOSE

MOVEMENT CREATION

- connection with nature & the wood element
- to develop resources for personal growth
- to play, explore with nature and others

MATERIALS

- A3 paper
- colors (crayons, markers, etc)
- notebook & pen
- water bottle
- comfortable clothes to move
- whistle or drum for keep time keeping

PREPARATION

The facilitator choses an outdoor environment with trees and defines the working area. The participants need to take the colors & paper, notebook & pen, and their water bottle while entering nature.

INTRO

The Tall Ones refers to the way the Indigenous Peoples of the Americas refer to Trees. The Tall Ones are considered to be wise ancestors that deserve our respect and admiration. When you spend time in nature and interact in a mindful and respectful way, Nature answers: messages and healing is shared. This is a beautiful way to engage and interact creatively with the power of nature and what nature can bring and offer back into your life.

STEPS

1. (30 MIN) EXPLORATION - The facilitator invites the participants to go out to explore the landscape and to choose a tree that they would like to explore. Once they found a tree they are asked to: • explore the tree through your 5 senses • make time for some activities: relax, move, draw, climb, sing, write. • Inspired by your relationship and time with your tree, make a drawing and write in your notebook. • Before you leave your tree, offer thanks and gratitude for your time and experience.

(15 min) transition, break and participants are back to the indoor space

2. (20 min) CREATIVE MOVEMENT - The facilitator invites the participants to engage into free movement based on the memory of their experience. They can use their drawings and writing to inspire the dance. Participants are invited to notice any repeated gestures, movements, sounds, rhythm, and qualities of their movements that bring back and express the experience. From this open exploration, the facilitator invites the participants to take the final 5 minutes to create a very short movement phrase that is repeteable.



3. (10-15 min) SHARING IN PAIRS/TRIO - The participants partner up with 1 or 2 others and share their movement, phrases, words and drawings (5 min each).

4. (45 min) CO-CREATING - At this point the pairs/trios should co-create movement/experiences composition using all the resources shared in the group, which presentation should last max 5 min.

5. SHARING - Each trio presents their co-created composition and receives a short group feedback. Group circle to close and to share personal experiences and the reflection.

REFLECTION

- What was it like to develop your own creative work based on the experience both in the solo and the trio setting?
- What did you learn from this experience?
- What parts of the sharing you have witnessed support the themes of resilience?

COMMENTS

It's important that participants stay well hydrated during the exercise.