WATER AIR DANCE

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N° of pax 1-20 | indoors | 2-3 hours

art expression| drawing | movement

PURPOSE

MOVEMENT EXPRESSION

- develops imagination and play in the body
- develops the kinesthetic sense of weight, mass, density, lightness and suspension in relation to gravity
- creative expression through drawing

MATERIALS

- balloons (2 per person)
- A3 paper
- oil pastels
- background music

PREPARATION

Prepare 2 balloons per participant 1 with air and 1 with water (blow up the water balloons a few times to make sure it is intact and slightly stretched). Two people are needed to fill the balloons with water no more than half full, they need to have some weight, i.e. around 1 kg. Once filled, carry from the bottom.

INTRO

This is a solo activity where the participants explore and play with the qualities of the elements water and air using balloons and through movement, registering the experience through a drawing.

STEPS

1. The facilitator introduce the 2 elements water and air showing the balloons and simultaneously demonstrating how to use them for safety precautions.
2. Then, the facilitator pass out the water balloons to the participants, invites them to imagine the balloon as a model of their body, as we are between 70-90% water, and then, invites them to be creative and:
• (15 min) explore, move and play with your Water balloon, beginning with the balloon resting on your body to experience its weight, try rolling, wobbling and building momentum. • (15 min) with closed or open eyes, move their body inspired by the qualities you have discovered, letting your body mirror and respond to this body memory by the sound of background music. • (15 min) create a drawing of yourself inspired by your creative play with the Water. Balloon, eyes open or closed.
3. At this point, the facilitator pass out the air balloons and invite the participants to:
• (10 min) play with the Air balloon, noticing the qualities that come to life with this new stimulus • (10 min) move, inspired by the Air balloon's qualities • (15 min) create a drawing of yourself inspired by your creative play with the Air balloon.
4. (10 min) Then, the participants are invited to a final movement exploration inspired by both the qualities of Water and Air, and here the facilitator can call out directions for the group, Water - Air - to support a shifting back and forth and then a merging of the movement qualities or leave it up to improvisation.
5.. The facilitator asks everyone to gather in a circle or small groups to discuss and share the experiences.



REFLECTION

- How did you feel during the different parts of the activity?
- How do you think the qualities of air and water that you explore can support you in your life?
- How do you think this activity can contribute to resilience building?

COMMENTS

- The time needed can vary for the activities.
- This activity can be connected with *Movement Exploration - Weight and Breath*