

## Reflecting Pool

**Teacher Reflection on Activity 1: Water as Inspiration**

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**Before teaching, reflect on your own experience.****Why would it be important for your students to be inspired by water to create dance?**

To feel the water in our body deeper. Creating dance and expressing inside to outside brings us deeper experience of the concept compared to just following/imitating the movement.

**What do you want your students to understand about creativity and exploring movement?**

I want students to understand we all are creative originally and the materials are here in our body. So, we do not need to “create” from nothing, rather, we just feel what is happening in our body and that sensation can tell us how we want to express/create.

**What could prevent your students from being inspired by water?**

If we do not connect water with our body, it might be difficult to create dance inspired by water. This is not water only, but if the concept is just outside of the body and only “think,” not “feel” or “sense,” it would be difficult to create dance since dance needs bodily movement.

**What other approaches could work for your specific students to be inspired by water?**

Use elements that they can manipulate in such a way that those who are shy, can begin to move their body from them.

**After teaching, reflect on your experience with your students.**

This time, I chose the somatic creation in which the elements were coming from each bodily sensation. I went through the following order.

- 1) Explore the liquidness (reviewing Activity 2 quickly by me).
- 2) Draw the sensation of the body.
- 3) Pick 3 elements of water from the drawing and combine with Basic Body Parts.
- 4) Create a mini dance.
- 5) Share with colleagues.\*

\* When the audience saw the dance, they drew and gave feedback to the person.

I also could think of the creation inspired by the substantial thing (picture, art, etc.) relating to water.