



Digital Access Program

Character Expression through Movement

Created by STG Teaching Artist: Brad Walker

This curriculum is tied to an interactive lesson plan:

https://www.youtube.com/watch?v=V_QBJnznrxE

Description: Participants will be introduced to the games “magic box,” “energy ball,” and explore different ways to play with movement.

Goal: Provide participants with tools to explore different ways to express an array of fun characters through movement.

Grade(s) /Age(s): PreK- 2 nd grade, family friendly	Video Length: 17 minutes. Lesson can extend beyond that time for activities.
Materials: Your imagination	Space needs: These activities can work for any space.

WARM UP

Game – “Magic Box”

- Imagine there is a magic box in front of you. Now imagine what color it is, what type of material it’s made of, what it’s shaped like, etc. and visualize it in the air. Grab it and hold the box – is it heavy? Is it light? Open your magic box and pull out 4 magic strings. Each string sticks to a spot on our heads – 1 on our forehead, 1 on our chin, and 1 on each cheek.
- Play with pulling the different magical strings to see how that affects your face. When you pull the string on your chin does it make your mouth open really big? What if you pull multiple strings at once? How does this change what you face does or looks like?
- Pull the strings off of your face and put them back in the magic box.
- Reach inside the magic box and pull out an (imaginary) energy ball!

Game – “Energy Ball”

- Hold the energy ball and toss it between your hands. Feel how all the magical energy makes your hand move! Now put the energy ball on your arm and see how it makes your arm move. Explore with other places to put the energy ball – like your mouth/lips, your neck (make sure to “dial” down the energy level so it’s gentle on your neck), your legs, your bottom, etc. What if you eat the energy ball? How does that affect your whole body? Spit out that energy ball and put it back in your magic box.
- Lift up your magic box into the sky and send it away until next time.

EXERCISES/ACTIVITIES

1. Exploring Emotion – using our bodies and facial expressions

List off different emotions and act them out with your face and body such as happy, scared, tired, and sad. Notice how your eyebrows, your shoulders, your posture, your eyes, etc. move and look when you act out those different emotions. Your body is a powerful tool that can show people how you’re feeling!

2. Exploring Movement – trying out different speeds like slow, medium, fast

Find an area where you can move around a little bit. Move around the room at a speed and pace that feels regular for you. What if now you move twice as slow– how does that change your body? What if you move even slower? Repeat a couple of times to see how slow you can move without being completely still and notice what changes in your body. Return to your regular speed/pace for moving around the area.

Bring your movement to a little faster than your regular speed. How does that change your body? Repeat and go a little bit faster a couple of times to experience what that feels like.

Play with different speeds alternating your regular speed, slower, and faster.

-What can movement tell us about different characters?

- Maybe a younger character who’s really excited might move at a faster pace
- Maybe an older character moves a little bit slower

3. Exploring Movement – using the different elements stone, water, fire and air

Now let’s imagine our bodies are made up of different elements and play with how our bodies might move if they were made out of 100% water. Your arms are water, your head is water, your

legs are water – how do you move around the room? Do you move a little bit slower and more fluid?

Now imagine if your body is made up of air – how does that change your movement? Maybe it's similar to water but moves at a different pace or feels lighter in the movement.

Now imagine that your body is made up of fire – does you move faster and more unpredictable? Do you have more energy?

Now move your body like it's made of stone – how does this change your movement? Stone is heavy and hard, but that doesn't mean you have to move slow. You can play around with different speeds to see what feels interesting to you.

4. Exploring Movement – leading with different parts of our bodies

Now let's move around leading with different parts of our bodies. The instructor uses a magic wand to turn different parts of our bodies to turn our feet really big! Imagine your feet growing to be super big. How does moving around with really, really big feet feel and change your movement? Does it change how you take steps? The instructor uses the magic wand to turn everyone's feet back to their own sizes.

Repeat the same activity with other body parts such as the nose, bottom, hands, etc.

Take one of your magic strings and attach one to your chest and throw the string up to the sky so that your chest sticks out! How do you walk around now with your chest leading your body when you move?

Cut that string and repeat activity with other body parts such as the hands. When we lead with our hands, what kind of character does that make us think of? Zombies?! Isn't it interesting how a simple choice in movement can make us immediately think of a type of character?

5. Combining Pieces – exploring character by combining speed, element, and emotion together

Let's combine some of these pieces together, for example:

- Take a slow movement speed with a body made of stone and with giant feet – how does that make us move? What kind of characters might move this way? (examples – big giant, the Hulk, etc.)
- Take a medium speed with a wind element and with a chest raised to the sky and a happy expression – how does that make us move? What kind of characters might move this way? (examples – happy king or queen, superhero, Spiderman walking down the street, etc.)

Notice how combining different things like speed, element, emotion, and leading with a body part really changes how we move and can inspire different characters. It can make creating different characters really fun to explore how they might move their bodies.

REFLECTION

- Homework – explore different ways to use your body, movement, facial expressions to create your own characters!
- Celebrate yourself for allowing yourself to explore your impulses in a creative way. This can be in form of a self-hug, air high five, or just a smile!
- Keep doing these activities as much as you want.
- Push yourself outside your comfort zone and remember to ALWAYS HAVE FUN!

ON YOUR OWN– Now you can create your own characters!

Choose one of each:

- Speed: slow, medium, fast
- Element: stone, water, fire, air
- Body Part: nose, hands, stomach, etc.
- Emotion: happy, angry, sad, brave, etc.

Explore your own combinations and create characters inspired by movement! Then you can draw your characters or write a story or play about your new characters.

SHARE YOUR FEEDBACK

We appreciate and welcome your feedback! You can share your experience from any of our pre-recorded video sessions with us in this anonymous survey - <https://www.tfaforms.com/4765455>

SHARE A PHOTO/VIDEO

If you tried any of these activities, please feel free to share a photo or a short video! We'd love to share what people are doing via our socials!

- Instagram @stgpresents
- STG facebook page - <https://www.facebook.com/stgeducation>

ABOUT THE TEACHING ARTIST

Brad Walker



Brad Walker (he/him) is an actor, director, event entertainer, and teaching artist. Seattle born and raised, he is an alumnus of the University of Washington, where he studied Theatre and Communications. Brad has directed shows with Second Story Rep, SIS Productions, Burien Actors Theater, and school plays at Bryant Elementary, McDonald International, and John Stanford International. While Brad loves to direct, he works predominantly in theatre as an actor. He has performed with Book-It Rep, Taproot Theatre Company, Seattle Children's Theatre, Harlequin Productions, StoryBook Theater, and he can be seen in many commercials and industrial videos too. He currently teaches with Seattle Theatre Group's Disney Musicals In Schools and collaborates with educators to create sustainable theatre arts programs. A life-long fan of Disney, he looks forward to connecting with students and teachers.