



Art Session

La Mariposa: Physical World

Created by STG Teaching Artist: Nina Williams-Teramachi

This curriculum is tied to an interactive lesson plan: <https://www.youtube.com/watch?v=LnnEzivLUdc>

Description: Using *La Mariposa* as a base text, we build off of Mara Palma’s lesson on the “internal world” where we explored character development and given circumstances. From this, we learn to express these principles and the world around us and bring our bodies into it through movement.

Goal: Learn beginnings of connecting thought to the physical world using movement.

Grade(s) /Age(s): Aimed at 3 rd -5 th Grade	Video Length: 18 min
Materials: Comfortable clothes, space to move, water.	Space needs: Clear as much space as needed for comfortable movement

Introduction

- **Welcome!** Some of you might have just come from my friend Mara’s lesson about what the character thinks and how you might build a backstory. Today we’ll be taking those concepts and bringing all that inside stuff to the outside! If you missed that lesson, be sure to check it out after you’re finished with this video. (Also yes, my voice is the voice from the *La Mariposa* book reading video!).

WARM UP

Warm-up

- **Physical: Shake it out** – Get those butterfly wings ready to go. (Standing) Count up from 5 from arms to legs, right to left. (Sitting) Shaking from 1 to 5 - Right arm, left arm, right shoulder, left shoulder.
 - **Access need adjustment:** Be sure to take care of your body, and if you need to make adjustments – do it! For example, I struggle with raising my arms above my head, so I

would maybe make an adjustment to wiggle my shoulders or shake hands at chest level.

- **Vocal: Lemon/Lion** – A bonus! We get to exercise our voices AND our faces. Lemon – make your face as small as you can, like you just ate a super sour lemon. Make some sounds that might accompany that gesture. Maybe you can use your imaginations and pretend like you don't want to scare a nearby butterfly. Start out with just the face. Then add the body. Then add the voice on top of all those things. Lion – Make your face as big as you can, like you're a lion roaring. Go ahead and also add sound to that. Maybe you can use your imaginations and pretend like you are hunting the butterfly and you just surprised it! Repeat same steps as Lemon. For extra fun, flip back and forth between Lemon/Lion. Make adjustments for your own individual access needs. Especially with the Lion – listen to your body, only go as far out as feels comfortable in your body.

EXERCISES/ACTIVITIES

Entering the Physical World

- **Intro Activity:** Start by making sure you've got as much room to move around as you can. Being mindful of the objects and furniture around you. This is where we start reimagining our environments and look at our spaces with new eyes and context. Nina will be giving you context and your responsibility will be taking Nina's suggestions and applying it to your current environment. Like in Mara's lesson where you learned about given circumstances, or, things that we know are true for your character, you can think of these things that are truths for your character. Which means saying yes to the situation! For this exercise, you can either imagine you are a character in *La Mariposa*, or maybe a character you make up. Maybe after doing this once, come back and do this again as someone else. Like, doing it first as Francisco and another time as a character you make up and see how that might change how you interact with different suggestions. If you did the lesson with Mara, remember her activity about physical anchors and connecting details with your body.

Activity: Circus walks

- Moving around your space, just on a nice sunny day on the sidewalk.
- It starts to rain and you don't have an umbrella!
- Rain turns to hail
- Strong gusts of wind, signs are blown over, things are blowing past
- Sun comes out, wind stops
- Street turns to sand. Sand on your toes. Beach.
- Sun gets hotter. Beach to desert
- You find a lake!
- Wading through water about knee high
- Wading through water waist high

- Wading through water up to your neck
- Release. Back to the sidewalk. Just moving about. Such a nice day.
- Walking over a frozen pond.
- Walking over hot coals
- Walking around and over broken glass
- Release. On the way to school. Uh oh, you're late!
- You're entering a new classroom and you don't know anyone there.
- Oh wait, there is one person you know – your friend Arthur! Say hi to Arthur!
- Make your way to the window and you see the jar with the caterpillar. Are you excited? Are you mesmerized?
- You go back to your desk and realize you don't know what the teacher is saying. And no one is trying to help you. How does that make you feel?
- You start to fall asleep in class.
- And you enter the dream world. You're flying! And you see your dad working the fields. Hi Dad!
- You're still dreaming, and you feel yourself turning into a caterpillar. How does a caterpillar move? Are there any tasty leaves nearby?
- You find a nice cozy spot to start making your transformation to a cocoon.
- Freeze! You're in your cocoon, and soon you'll emerge as a beautiful butterfly.
- You start slowly making your way out of the cocoon. Oh, it was dark in there and its so bright outside. Take care of your eyes!
- And you finally get to spread your wings. Stretch them as wide as they can go!
- And finally, you fly off as a beautiful butterfly.
- Release. Back to neutral.

Acting Exercise

- **Gift:** One of my favorite moments in *La Mariposa*, is the ending. Where Francisco gives his drawing to Curtis even though they had their differences throughout the entire book. Let's take that same idea and try something out. This can look a little different depending on if you're doing this alone or with a partner. I'll explain it both ways.
 - **Solo:** This first time, let's assume you're giving the gift. I can be your scene partner in this case. It can be any shape or size. The receiver tears into the imaginary wrapping and opens the box to reveal what it is with like "oh! A green jacket. Awesome." And they can pretend to play with it and maybe share it with the giver of the gift. And then switch who is receiver/giver.
 - **With a Partner:** Students pair up and decide amongst each other who is A and who is B. Person A announces what gift they are gifting to person B. It can be any shape or size. The receiver tears into the imaginary wrapping and opens the box to reveal what it is with like "oh! A butterfly in a jar. Awesome." And they can pretend to play with it and maybe share it with the giver of the gift. And then switch.

CLOSING

- If you're doing this lesson with another person, be sure to tell each other something that they did that you both enjoyed that the other did. If you're doing this by yourself, be sure to remember to be kind to yourself and think about one thing that you did today in this lesson that you thought was awesome. Maybe show what you did or learned to a friend or adult later!
- You've finished this lesson! If you haven't already, be sure to watch Mara's video about characters or continue on to Broderick's video for the next lesson.

REFLECTION

- 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-

- Go back and retry the first exercise but with a different character in mind. If you started by doing it as Francisco, maybe do it as an original character, or perhaps do it as Curtis.

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

Nina Williams-Teramachi – Teaching Artist



Nina (They/Them) is a Japanese-American multidisciplinary artist and educator originally from Sapporo, Japan and Portland, Oregon working in Seattle. Nina recently worked on multiple shows as part of the Edinburgh Fringe Festival and Dublin Fringe Festival in the UK and had their Off-Broadway debut with the Obie-Award winning production, *Suicide Forest*. Nina also works with students from on a variety of different styles of theatre and visual art all across various residencies across Washington state. Nina believes that students of all backgrounds should be represented in the materials and be presented an opportunity to create their own stories and let their lives inform their work. www.NinaWilliamsTeramachi.com