

BODY WARM-UPS FOR WRITING AND ROLE-PLAY:

Instructions for the Teacher:

These lessons are intended as a supplement to the the role-play scenarios that are used in the classroom. They are meant to be entirely optional for the student, although teachers might encourage their students to play with the lessons at their leisure, if time permits. These lessons can be accessed from home at the following website: <<http://esldivlabs.vcc.ca/>> This means that students (and teachers) can practice in the privacy of their own homes.

There are a series of ten lessons based on ten of the role-plays on file in the CPE resource room. These supplementary lessons are numbered from 1 - 10 , and they have the same titles as the role-plays they are based on.

Each lesson is comprised of two parts: a written document and a corresponding audio/MP3 movement lesson.

The written documents have the following items: Theme; Useful Idioms and Expressions, Cast of Characters, Main Idea, Written Summary of the audio lesson, and Follow-up Journaling Activities. The journalling activities can be quite involved, and best results tend to be when done immediately after the audio lesson (though any time is good).

The audio lessons are movement explorations based on the Feldenkrais Method of Somatic Education. Although these movements are very gentle and slow, **it is important for students to read the document for "General Guidelines," which provides important recommendations that apply to all ten audio lessons.**

My hope is that these lessons will help students to develop a deeper, fuller, and more empathetic understanding of the role-play characters who are assigned to them. By doing both the movement explorations and writing/active imagination activities, the student can literally embody the role play characters they are going to role-play in the classroom.

I also hope that both the students and their teachers will have fun working and playing in this way.

Enjoy!
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