

Lesson #6: Dirty Laundry is a Verb

Theme: Full Bodied Walking

Useful idioms and expressions:

(google these expressions to find how they are used)

walk tall, walk of life, walk a tightrope, walk on egg shells, walk your talk, walk away from, walk on air, walk all over

Cast of Characters:

Deirdre

Bogdan

Natasha

Yelena

Emma

Danny

CPE Department Head

VCC counsellor

Main Idea: Walking with confidence and ease. Consider the manner in which your role-play character walk through life.

Summary of audio lesson: (15-20 minutes)

- * stand, notice contact/stability of feet
- * shift weight to left leg, right knee bent, right heel slightly off ground
- * shift weight to right leg
- * does one leg feel more stable to stand?

- * lie down, notice contact with ground (sand print)
- * note angle of feet (toes, heels, direction)
- * arms by side, turn right leg in and out
- * turn left leg in and out
- * any difference in effort?
- * bend both knees, feet standing
- * tilt both legs and knees towards floor on right (3-4 times)
- * head moves in same direction
- * weight shifts to right hip
- * exhale as legs tilt to right
- * inhale as legs come back to middle
- * note how ribs are moving

rest

- * tilt legs to right and let head roll to left (3-4 time
- * feel left shoulder and arm sliding down towards left foot
- * lower legs, rest: compare sides: contact with floor, ribs, breath
- * bend both knees, feet standing
- * tilt knees to left and back
- * weight shifting to left hip
- * head in same direction as legs and knees (3-4 times)
- * rest, knees bent
- * head in opposite direction,
- * right arm and shoulder sliding down towards right foot
- * which ribs are moving?
- * how are pelvis/hips involved?
- * rest, stretch out legs
- * bend knees, feet to standing
- * tilt legs from side to side, head in opposite direction

- * as legs go to left, right knee lengthens and moves closer to feet
- * as legs go to right, left knee lengthens and moves closer to feet
- * notice how ribs lengthen on one side and shorten on the other
- * try to make effortless and smooth
- * place hands on hips and note how hips are moving
- * bend elbows as if for walking
- * let elbows and shoulders come forward: left arm and shoulder come forward as right legs and knees go to right
- * right arms and shoulder come forward as left legs and knees go to left
- * head same direction as arm and shoulders
- * feel how whole body is involved: head, shoulders, arms, ribs, pelvis, hips, legs, feet
- * stretch out legs and arms, rest, feel contact on ground
- * notice position of feet
- * come to sitting and standing
- * shift weight from left to right: any change in stability?
- * walk in place, hands on hips, note how one hip comes forward and the other hip comes back
- * let arms swing naturally
- * walk around room and feel how much is involved, how full-bodied your walk feels now

Now, imagine your role-play character is walking towards you from a little distance away. What is your general impression of the way they move (for instance, are they confident, shy, bold?)

- * Observe in detail how this person is moving. Do they take long strides, short strides, something in between?

- * Are their footsteps heavy, light, quiet, loud?
- * How much do they swing their arms?
- * Do their hips move freely or do they seem stiff or restricted?
- * Where do they keep their eyes focused: straight ahead, slightly up or down, all around?
- * Is their head leading the way? Their pelvis? Something else?
- * Pretend you are your role-play character. Walk around in their shoes.

Follow-up Journalling Activity:

You can turn to the section on general questions for your role-play character before doing the journalling activity for Dirty Laundry is a Verb, or play with them afterwards, time permitting.

When you feel you have a strong enough sense of how your role-play character walks, sit down with a piece of paper and pen and answer the following questions:

- 1) What three adjective would best describe this person?
- 2) What animal does this person most remind you of in the way that they move? Why?
- 3) What kind of dancing would your role-play character do best?
- 4) Explain how this person's way of walking reveals something of their personality.

Optional questions:

- 5) What advice would you like to give your role-play character?
- 6) If they took your advice, might their way of walking change? Describe the change.
- 7) If you could walk a mile in your role-play character's shoes in this scenario, where would you go and whom would you speak to?

8) Imagine that there is a center line running down the middle of your body. Half of you is yourself and the other half is your role-play character. Which half of you is more likely to solve problems in difficult times? Explain this.

Throughout the day, notice how the manner in which you walk might change from situation to situation and how this reflects upon your mental state and self image at any given time.