

DANCING LEAVES

Meditative imagination leading to dance

By Ezgi Tatar

I Development of the theme

Spatial Awareness

- Correct sitting position
- Look around the room gently
- Explore the objects around you
- Find the window and look outside from that window

Mental Awareness – Imagination

- Leader describes a forest
- Asks to choose a tree and hold two leaves with their hands.
- Leader describes how the wind effects the leaves to move
- Leader describes: “Watch two leaves moving close each other when the wind is soft, they move in distance and free when the wind is strong”
- Talking about the journey

Guided Exploration

- Leader guides participants to explore moving with hands: “Leaves are in your hands, move with your hands close when the wind is soft. Try to find a connection between them. Move free with using the space when the wind is strong.”

Creative Forming

- Clear the phares with starting and ending position
- Remember your tree from the imagination part, start with your tree’s pose. Also end with the same pose.
- When the wind is soft, come closer to the camera choose one friend and try to move in the same way with your hands. When the wind is strong, you can move free in your room again.

Pictures from The Forest

Connecting imagination to the real world

- Leader shows photos from forest near by the house, different leaves and trees

II Goals of the Lesson

- Become aware of posture
- Become aware of breath
- Become aware of the space
- Develop imagination skills
- Extend movement vocabulary through improvisation
- Moving close/in distance with hands
- Moving in a small space/big space
- Finding connection with hands while moving
- Begin to understand the concept of phrasing
- Being in connection with a partner through movement
- Develop imitation skills

III Notes about the lesson

- The activity aimed to start from an imagination session leading to a creative work. Therefore, starting with meditative imagination is an important step for participants to imagine the tree and leaves first, then transfer the idea to the movement.
- The activity could be developed with additional lessons since the online platform with limited period would be not enough. Different movement qualities could be added to the activity for instance.

IV Notes about the video

This video was recorded during the second session of an online Orff-Schulwerk Elemental Music and Dance Education workshop taking with the participants permission. Totally 8 participants were registered to the workshop. However, 2 of them did not attend to the session. Some of the participants were experienced in yoga, music and Orff-Schulwerk before while others had attended some music and dance programs.

Music

Pianist/Composer: Hania Rani

Name of the Album (CD): Esja (Gondwana Records, 2019)

Name of the Song: Eden (The music is edited by the teacher for this video)

Video Link:

<https://www.youtube.com/watch?v=QcLpZsor7AA>



Ezgi Tatar studied music education at the Dokuz Eylül University in Turkey from 2003 to 2007. She completed the three Level Courses of the Turkish Orff Association and concluded a professional development course for teaching teachers. She participated in the 2016-2017 Special Course: “Advanced Studies in Music and Dance Education – Orff-Schulwerk” at the Orff Institute/Mozarteum University. She completed the New European Mentorship Programme In Orff- Schulwerk Pedagogy in 2019. Currently, she is teaching children and adults as well as taking part in social responsibility projects.