

Creative Movement and Expressions



Popularly, termed as Movement Therapy



What is it?



A medium in which movement is used to express and deal with feelings and body mind synchrony .

MT has been demonstrated to be effective at improving body image, self-esteem, Self control, attentiveness, Flexibility, and communication skills. Oneness of self with environment

MT can enhance the functioning of the body's circulatory and respiratory systems.

What is it?

MT increases self-awareness; links feelings, thoughts and actions; helps you express powerful feelings and actions; maximizes the ability to communicate; tests the consequences of free expression on others; helps to manage the feelings that obstruct learning; helps improve the development of trusting relationships. MT can give you a sense of self control and achievement.

How is it performed?

Activities : Performatic acts; bodily expression; Shared expressions



What is the objective of MT?

- ✦ *To understand Behavior patterns*
- ✦ *Understanding of physical and emotional self*
- ✦ *Checks loco motor movement*
- ✦ *Explore the creative way of discovering ideas and release of self*
- ✦ *Stress buster and stress management*
- ✦ *Relaxation*

What is the objective of MT?



- ✦ *Breathe and body correction*
- ✦ *Sharpening cognitive skill*
- ✦ *Team building capacities*
- ✦ *Leadership skills*
- ✦ *Checking mind and body alertness*
- ✦ *A space to vent*
- ✦ *Self realization/ acceptance/ acknowledgement*

The Takeaways



- Calmness
- Confidence
- Body mind coordination
- Ownership
- Creativity
- Awareness
- Alertness
- Trust
- Division of labor
- Co existence
- Harmony
- Teambuilding
- Thinking out of the box
- Spontaneity

Formal Learning




One Does not need to perform or have any formal training in dance/ movement .


However, the it brings in the nuances of varied art forms like Dance, Theatre visual art for further accentuation of bodily expressions.

Techniques of all above mentioned are used to shape body and thought processes.

What does it do?

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- ✦ **Creative movement therapy and education (MT/E) can enhance the Functioning of the body's circulatory and respiratory systems.**
 - ✦ **Increases self-awareness;**
 - ✦ **Links feelings**
 - ✦ **Thoughts and actions**

What does it do?

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- ✦ **Helps to express powerful feelings and actions**
 - ✦ **Maximizes the ability to communicate**
 - ✦ **Tests the consequences of free expression on others**
 - ✦ **Helps to manage the feelings that obstruct learning;**
 - ✦ **Helps to improve the development of trusting relationships**
 - ✦ **It can give you a sense of self-control and achievement.**

Activities

Building Bonds

Duration:80 mins

Balloon warm up

Don't let the ball drop! – huge energizer and loads of fun!

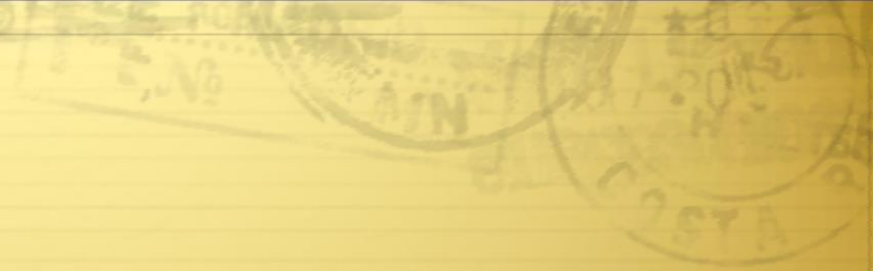
Rope exercise – entangle and detangle – a very visual form of what bonds look like, and also helped participants articulate their feelings

Collaboration

Duration:80 mins

Star fish : an energizer, a visual delight creating a sequential choreography

Splash: Colour Collaboration



Initiative:

Duration: 125mins

Movement signatures (also used as choreography piece, thereby use of team collaboration and bonding)

Shadow (also used as team communication and colours of leadership)

Leadership warm up (this was not used in every sub-group, but was used where the sub-group appeared scattered)

Prop and Me (this is an exercise involving thinking out of the box and creativity. It was not done with every sub-group, but only as per group's energy and requirement at the time)

Empathy:

Duration:45 mins

Eye contact – various form of eye contact, while walking

Mirrors – the classic exercise that elicited some deep responses!

Lead Blind fingertips – beyond communication, the exercise is also designed to allow participants to experience both the surrender of trust as well as the responsibility of leading

THANK YOU