

## Lesson Plan #1

Teaching Artist: Jen-Jen Lin

Title of Lesson: Dance – Dance – Explore Space, Energy, Connections, and Creativity

Target students: all

Topic/Main Idea: TA will use body movements as our major communication form to replace words. The body movements will be from concrete meanings to abstract imaginations. Students will be guided step by step to release their inner emotions and expressions through dancing. The goal is to enhance students' confidence and strength of moving bodies and explore space, rhythm, energy and connection with oneself and one another.

Materials and resources:

TA prepares all the material needed for her teaching. Host teacher will prepare (1) an empty room that students can safely dance in (2) a music play back equipment.

Activities: TA will focus on creative of movements and dancing from small steps and movements up to crossing across the room space and engaging fellow dancers. It includes how to use the space, music, stories, energy to connect and be connected, create movements and interact with fellow dancers. The goal is to let students feel comfortably, confidently and the strength with their body to express and engage with one another in a very harmonious fashion with their creative energies.

Objectives: Students are expected to learn to create dance through their inner voices. The hand-on experience on creating dance leads to deeper dance understand and appreciation. The education purpose is to enhance our communication skills in another dimension, strengthening connections with one another and with oneself.

