

# Dance Warm-up



*This is a warm-up you can do with any group of teachers, students, or colleagues at the beginning of a reflective, learning or creative process.*

*You can select a playlist beforehand with the group you are working with or select one you think would be fun for the group.*

*The questions you use in the workshop can be developed specifically for the group and the topics you are introducing.*

**Step one** *(you can skip this step if you already know each other / would be too much pressure for the group you are working with)*

Standing in a circle, give a very quick introduction round: name, pronouns, and languages you speak/understand.

## **Step two**

Play the first track and start walking/moving/dancing, stretching and moving around the space in a way that feels good for your body. Ask the group to explore the space, timing and rhythm. Is there somewhere they have not been in the space?

## **Pause the music**

Ask the first question! In answering the questions *(remind the participants to answer with the first thing that pops up for you with how you feel today, these things change all the time and that's OK!)*

Ask the participants to thank the person you were talking to and let's keep moving around the room.

**Play the music** *(It's okay if this is a long fade with some people finishing their thoughts and others already dancing. Encourage that!)*

**Repeat** this for as many questions as you have and as long as it's fun and engaging for the group. I recommend 6 - 10 questions.

Give prompts for moving around the space. *(Eg, moving a part of your body that feels tense, noticing the breath, copying what someone else is doing in the space. I tend to give different prompts depending on what the group might need)* It is important to have fun with it and encourage all types of movement small, walking, and big expressive its all welcome. The goal is to move and listen to our bodies, difference is expected.

# Example questions on Creating Space and Creativity



The goal of this warm-up is to reflect on individuals' relationship to creativity and interaction in spaces. To start questioning the assumptions we might have adopted around social norms connected to how we "should" behave. And what parts of those norms you may have been affected by. As well as get to know each other / a topic in a less pressured way. It is important to select different questions for different groups.

To start creating a space for and with each other, with more knowledge about the differences in the room.

## Creativity/ well-being

- Are you a creative being?
- What does it feel like to be creative?
- When was the last time you did something creative for the sake of it?
- If you could choose to be creative right now, what would it be?

## Creating space

- Where do you feel safe?
- When was the last time you felt safe and the last time you felt unsafe?
- How does it feel to take up space, and to be listened to?
- How does it feel to listen, observe and not take up space?
- How do you feel if you don't understand/feel miss understood?
- When do you feel happy taking risks?