

**ACTIVITY GUIDE**

**The BodyCartography Project – Dance**

**Writing/Essay/Journal**

The BodyCartography Project bases its piece *Super Nature* on a combination of primal moves and audience responses to them. Instead of a set choreography, they try to find out what movements evoke a kinesthetic response from the audience and incorporate those types of movements into their work.

Write about a time you had a physical response to something you saw. What kind of reaction did you have? Was it repulsion? Tears of joy? A shudder? What made you have the reaction you did?



**Activity**

Create a dance alone or with a group. Pick a theme or subject and create moves that express it. Then perform your dance in front of an audience and, based on their responses, make sure the final piece really communicates the emotion and theme you had in mind. Are you able to better understand your subject now that you've tried to express it in movement?