

# Community School

## mindfulness movement drama

October 2020

EXPRESSION \* ACTING \* PLAYS \* IMPROVISATION \* PERFORMANCE  
MOVEMENT \* VOICE \* DEVELOPMENT \* DRAMA \* ATTITUDE \* RISK  
FORM \* CREATIVITY \* STAGE \* PRACTICE \* SUPPORT  
POSITIVE \* CHARACTER \* IMAGINATION \* STRENGTH  
EMPOWERMENT \* PLAY \* CARE \* RESPECT

This year each student arrives and unrolls their yoga mat and finds their space in our new classroom (also known as the Activity Room). Placing the yoga mats in the space for the younger students is an event in and of itself; they are doing great! Yoga mats provide autonomy and a safe distance to work in class. We have also spent time enjoying class outside in the big field meditating, dancing and engaging in obstacle courses and large gross motor movement. Here are the “I Can” and “We Are” statements for our classes from the last six weeks. Curriculum that is italicized in some levels is sourced from the Kennedy Center online site. If you would like more detailed information about Movement, Mindfulness and Drama at your child’s level please contact me at [gina@communityschool.net](mailto:gina@communityschool.net)

Gina Kohler

*movement, mindfulness, drama teacher*

### 3-to-5 Year Olds

- I can take deep breaths and move my body mindfully.
- I can practice a warm-up and yoga sequence as a group.
- I can listen well.
- I can move my body symmetrically and asymmetrically.
- I can express my voice: quiet, medium and loud.
- I can express my feelings with my class.
- I can follow the directions for the freeze dance game.
- I can identify a range of emotions.
- I can repeat a four-step dance inspired by *The Life Cycle of a Butterfly*.

### 5-to-7 Year Olds

- I can take deep breaths and move my body mindfully.
- I can practice a warm-up and yoga sequence as a group.
- I can listen well, and work together, and run in a circle as a group .
- I can move my body symmetrically and asymmetrically.
- I can express my voice: quiet, medium and loud.
- I can express my ideas and feelings with my class.
- I can follow the directions for the freeze dance game.
- I can identify a range of emotions.
- I can follow movement sequencing and coordination.
- I can begin to learn ballet: plies, releve's, tendues, first position.
- I can move to counts.
- I can engage in gross motor movements.
- I can develop social and emotional regulation.
- I can develop confidence and vocal projection.
- I can repeat a four-step dance inspired by *The Life Cycle of a Butterfly*.
- I can do my "Brain Dance."

## 6-to-8 Year Olds

- I can take deep breaths and move my body mindfully.
- I can practice a warm-up and yoga sequence as a group with proper alignment.
- I can express my ideas and feelings with my class.
- I can follow the directions for the freeze dance game.
- I can identify a range of emotions.
- I can follow movement sequencing and coordination.
- I can begin to learn ballet: plies, releve's, tendues, first position.
- I can move to counts and learn a movement sequence to counts.
- I can move through space.
- I can engage in gross motor movements.
- I can lead the group in movement.
- I can continue to develop social and emotional regulation.
- I can develop confidence in my vocal projection.
- I can engage in an anatomical exploration of the skeleton and joints.
- I can continue to develop social and emotional regulation.
- I can do my "Brain Dance"
- I can create and develop/draw a character and scene.
- I can improvise and perform improvised commercials inspired by our lesson:  
*Get Dramatic: Reduce, Reuse and Recycle.*

## 7-to-10 Year Olds

- I can take deep breaths and move my body mindfully.
- I can practice a warm-up and yoga sequence.
- I can express my ideas and feelings with my class.
- I can follow the directions for the freeze dance game.
- I can identify a range of emotions.
- I can follow movement sequencing, coordination.
- I can begin to learn ballet: plies, releve's, tendues, first position.
- I can move to counts and learn a movement sequence to counts.
- I can move through space.
- I can engage in gross motor movements.

I can lead the group in movement.  
I can develop confidence in my vocal projection.  
I can engage in an anatomical exploration of the skeleton and joints  
I can continue to develop social and emotional regulation  
I can do my “Brain Dance.”  
I can create and develop/draw a character and scene.  
I can continue to develop social and emotional regulation.  
I can develop confidence in my vocal projection.  
I can complete our next lesson: *Get Dramatic: Reduce, Reuse and Recycle.*

## Middle School

We are engaging in breathwork, mindfulness, improvisation techniques.  
We are working on our three-part diaphragmatic breath.  
We are reviewing the anatomy of the diaphragm, lungs and rib cage.  
We are practicing a group warm-up and yoga sequence.  
We are learning full body contemporary dance movement warm-up  
We are learning movement sequences and phrase-work to music.  
We are working on movement sequencing, coordination.  
We are working on leadership skills in a group setting.  
We are developing spatial awareness and physical coordination.  
We are developing strength, flexibility and learning the laban effort actions.  
We are exploring sound: quiet, medium, loud, voice, vocal projection, confidence.  
We are continuing to develop social and emotional regulation, impulse control.  
We are beginning to explore character development, emotional embodiment, stage presence, stage directions, practicing scenes, solo monologues  
We are beginning to discuss identity politics and performance.  
We are working on: *Identity Boxes: Symbols of My Identity, (How can your identity be reflected through Art and Performances?)*  
We will begin to research and practice monologue and duet scenes.  
We will begin to work on audition skills and preparation.

Middle School students can participate voluntarily in CS Dance Club.  
This will begin Friday, Oct. 16, 2020.