

TURNING ON OUR EYES

Many of us use our eyes to navigate the world safely. In this video, Margot makes a dance to strengthen our visual and physical awareness using our eyes in tandem with other parts of the body.

PREPARATION

Eye am a Gymnast

A great way to wake up your eyes is to simply open and close them. This quick exercise will tone the skin and smaller muscles on your face.

Squeeze your eyes closed as hard as you can for a count of three. Then open them as wide as possible for another count of three. That's round one; repeat for five rounds or more.

Find Something Red

In this video, Margot pays close attention to the space around her. Invite students to look around the room. "Do we see anything red?" "What is it?" "Is there anything yellow / green / gray / wooden / striped in the room?" Gather students' answers and invite them to share and discuss.

FOLLOW UP

Sock it to Me - Student Handout

"What kind of shoes are you wearing today?" "Do you like to wear colorful or plain socks?" "Do you like to wear mismatched socks?" Create your own design for a pair of socks on this handout.

Safe Spaces

Ask students to talk about which rooms, areas, or spaces they like the most.

"Where do you feel more comfortable – in a smaller or bigger room?" "Is that room bright or dark? Do you prefer a living room or a bedroom?"

You can then ask questions about public spaces.

"How does your body feel in a café or a museum?" "How do spaces affect us and our body positions?" "When do we let our bodies relax and feel wide?" "When might we gather ourselves in and hold our bodies more tightly?"

Invite students to alternate between making big, open body motions – arms extended, head back – with making small, tight motions, such as scrunching shoulders or making fists. Encourage them to describe how the different movements feel throughout their body.