

Surprise! Handling Unexpected Events

In this 30-minute class, Margot and Amy warm up with two dances – one inspired by circles and the other by opposites – that help wake up our whole body. Next, we'll explore in dance this question: "How do we respond to a surprise?" Especially when it's something we don't like? In this dance about resilience and resourcefulness, Amy will imagine a scenario in which her friend can't come to her party. While Amy initially feels like she's been 'stood up,' she finds an alternate way to spend time with her friend.

Special Note to Parents and Caregivers: Building flexibility, resilience, and the ability to 'roll with the changes' is a key life skill for every single one of us. We'll use dance and movement in this video not only to explore the range of emotions unexpected events trigger in us but also to figure out how to return to a place of calm following a (possibly unpleasant) surprise.

PREPARATION

Spot the Circle

Can you see any objects in your room that are the shape of a circle? Point to them and call them out.

Identify Opposites // Student Handout

What's the opposite of big?

What's the opposite of summer?

Have fun identifying opposites.

Talk about Surprises

Make a big list of surprises, good ones and not-so-good ones. Some examples of less pleasant surprises include the cancellation of something we'd been looking forward to or a change in the schedule at school or work. Happier surprises might include a last-minute visit from a friend or a dog that was unfriendly last week wanting to give us a lick this week.

FOLLOW UP

Review the dance

Do you remember the movements for each of these points? Help each other review them.

- Listen and describe the surprise: what you thought would happen versus what actually did happen. (cup ears)
- How do we feel about the surprise? How can you show that with your body?
- Shake out. Give a big sigh. Relax. Are there any other feelings coming up?
- Think of some solutions, envision some alternatives. (reach out in different directions)
- Congratulate ourselves for finding an alternative! Hooray, we did it! (tap shoulders)
- Roll with the new plan. (roll fist over fist)