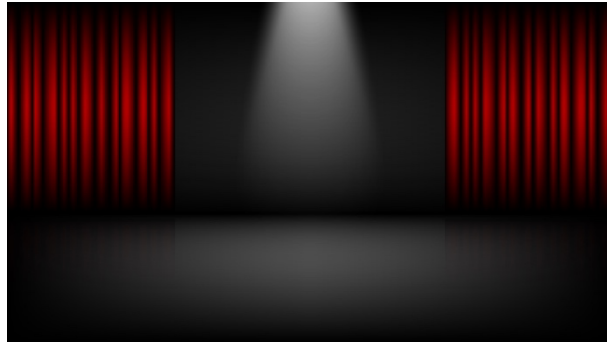


# MIND YOUR BODY



## Targets

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- Increasing awareness about the importance of posture
- Being able to auto-adjust Body posture
- Articulating movement in a free manner
- Building up confidence

## Target audience

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10 – 12 year-olds, mixed cultural backgrounds.

## Material – class organisation

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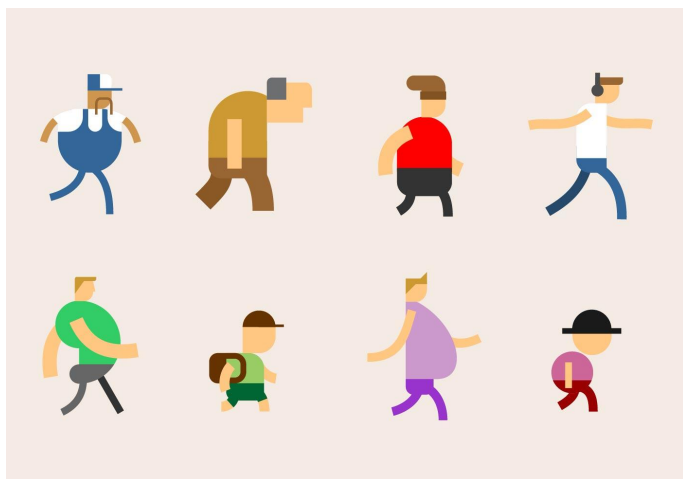
- A spacious surrounding that allow free movementGrote ruimte om vrij te kunnen bewegen
- A sound system
- A piano

## Getting started

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### Warm up: "walk the line"

The entire group stands at one side. The entire group will cross to the other side, together. This simple exercise is repeated, while attention is switched to a different aspect of the stroll.



1. Walk the walk
2. Mind the number of steps taken
3. Observe the steps taken by others
4. Focus on arm movement:
5. Spaghetti arms, normal - not normal
6. Focus on head movement: imitate a gnome walk, lean forward or backwards
7. Focus on leg movement: try out 'silly walks'
8. Focus on pelvis: leaning forward, backwards, sideways (duck-like)
9. Focus on feet: walk the walk in a sauntering way, or toddling...
10. Focus on the entire body: make your presence be noticed, or try to walk as unnoticed as possible...

### Increasing awareness:

The teacher explains about the importance of the spinal column. Awareness starts with understanding and bodily awareness. Let the pupils experience this awareness and have them feel their own spine.

1. Top vertebra, have them feel their atlas as the most superior cervical vertebra, this is where your neck connects
2. Tailbone, have them feel where "it ends", have them finger it
3. Vertebrae in between to be discovered, let them feel the stretch
4. Basic posture:
  - a. elongated back
  - b. arms relaxed
  - c. feet unwound, from heels to toes
5. Walk the line with this newly discovered composure

*Participants will feel more connected once they have gained a certain insight in how movement works and how they can have it work for them. This is how they will be able to focus on the goals.*

After the warm up and awareness exercise, it will be time to get ahead with the actual singing. Feedback will continually try to focus on a relaxed adoption of a correct posture with participants being able to adopt minor corrections themselves.

### Being more articulate:

The teacher has multiple opportunities to include focus on different articulate body posture that loosen or inhibit movement and singing potential.



1. The circle: hollow & rounded back (cat-like)
2. Sitting up straight (cross-legged)
3. Standing up straight, shoulders, hips, feet in one line (basic posture)
4. Facial expression added, opening up
5. Moving to the rhythm of the songs
6. Tips on being more articulate:
7. Reaching out into space, being aware of gravity, keeping your mouth in an outward appearance

### Rewind

- A successful exercise also depends on:
- Getting class teachers involved in movement & musical activities will reflect positively on the overall understanding not only between teachers and their pupils, but also between teachers.
- Explaining the purpose of the exercise will undoubtedly increase motivation.
- Regularly translating objectives & targets to the pupils' perspectives is process-oriented thinking and makes them aware of the need to gradually build up newly acquired skills.
- Guided self-reflection is helping both self-confidence and mutual confidence. Constructive feedback should be a shared value.

### Credits

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