

Creativity in Motion Class #1 – A Trip to the Beach - <https://vimeo.com/507537526>

This class has five activities. Here's what to expect from each.

#1 CHECK IN



Participants are invited to check in. The instructor will ask you to make observations about the physical space around you and to think about how you are feeling today.

Minute 1:52

#2 BODY WARM UP



A simple dance party to get our bodies ready to move! The instructor will show different movements using four main parts of the body. You are invited to repeat what you see and to create your own movements.

Minute 4:23

#3 What are we taking?



A game to practice pantomime, or, acting out an object that really isn't there!

Minute 11:09

#4 Snapshots



The instructor will ask you to think about three activities you might do at the beach. You and the participants on screen will strike a frozen pose, as if you are doing one of those activities.

Minute 17:20

#5 Act it Out!



You'll see two actors on screen acting out a scene. We invite you to act out the ending of the scene at home.

Minute 22:02