

Artist Tool / Urban Sustainability

Artisttb006 / Urban Sustainability - Creative Movement #2 / CNAM – Caitlan Maggs

Title	Urban Bisociation Game – Creative Movement Exercise #2
Purpose / Objective	Discover urban bisociation - architecture and nature, through creative improvisation. Explore contrasting movement shapes, dynamics and rhythms and embody the urban world we live in. Use bisociation to spark new ideas and creative solutions.
Description	Following facilitators lead, participants improvise making angular shapes and poses. Explore all the possibilities using right angles with arms and legs and using accented sharp movements on a specific rhythm. Then doing the opposite, participants improvise making round shapes and using fluid continuous connecting movements and go through the music. Once both dynamics have been explored, participants repeat the exercise using urban architecture to inspire the angular sharp movements, and nature to inspire the round flowing movements. Next- change up the rhythm and use of space to add more creative challenge.
Topics covered -STEAM	How does our urban environment influence us? How can we create more synergy and environmental balance in our urban lifestyles? Sustainable Innovation / Responsible Innovation
Arts- STEM	Using creative movement improvisation and artistic expression, embody the urban environment (architecture and nature) in an imaginative way.
Setting	Online or Classroom
time frame	15-20 mins
group size	Online- (up tp 75prs), Classroom- (up to 35 prs)
Schedule and activities	Creative Games workshop
Age group / level of study	BSc, MSc, PhD, all ages and level of study
Instructions for students	Explore opposite shapes, movement dynamics and musicality as directed by the facilitator. Don't think, just follow your intuition and let your body and imagination do the work.
Instructions for facilitators	Explain the exercise clearly. Demonstrate first part and do it with the group. Repeat with second part. Then link the two and guide the group in a simple improvised choreography. Repeat with faster rhythms and more elaborate use of the space. Note for Online version- explore creative exits and entrances using camera/screen view
Lessons learned	Be aware of your surroundings and how it affects you. Develop awareness, observation skills and creativity. Learn to trust your intuition. Develop confidence. Change your mindset and experience your environment in a new way using dance and music.
Inspiration if any, sources	Music: Gabriel Roth and the Mirrors- Tongues
Author / organization	Caitlan Maggs