

# Creative Movement



Why is it important to move?

# Movement can...

- Connect you to your body
- Inspire imagination
- Spark creativity
- Help you connect to your emotions



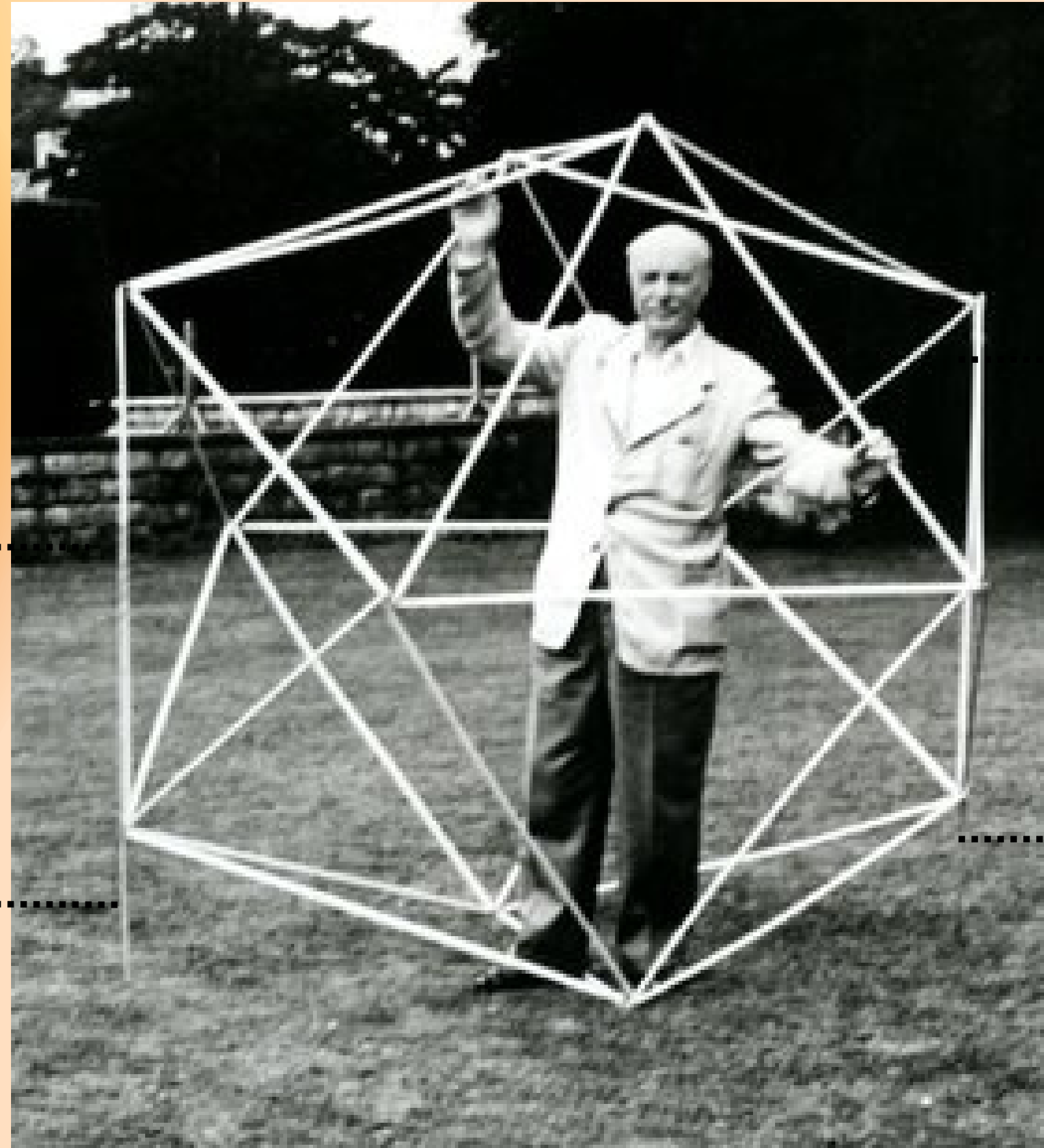
# Rudolf Laban's Eight Efforts

Rudolf Laban, a movement theorist, developed the Eight Efforts, which are movements that give performers special vocabulary words to help expand their movements and discover new ways to create characters.

Laban categorizes human movement into four components; direction, weight, speed, and flow (Laban n.d. as cited by Espeland, 2015).

Each movement is expanded into two elements; direction can be direct or indirect, weight can be heavy or light, speed is quick or sustained, and flow can be bound or free (Laban n.d. as cited by Espeland, 2015).

# Rudolf Laban



Direction

Speed

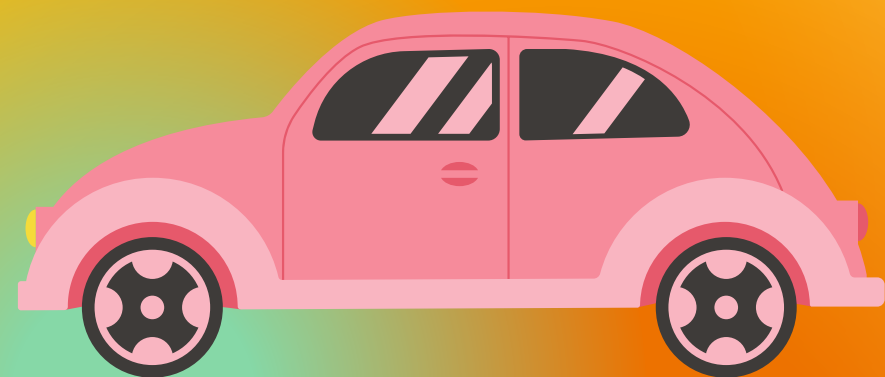
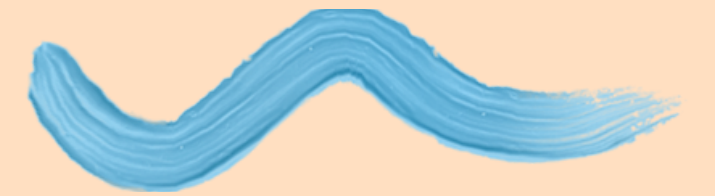
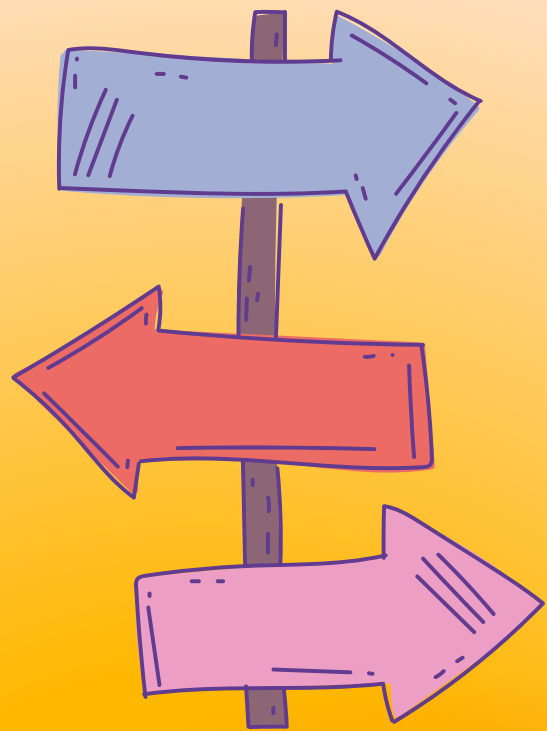
Weight

Flow

# Direction

Direct

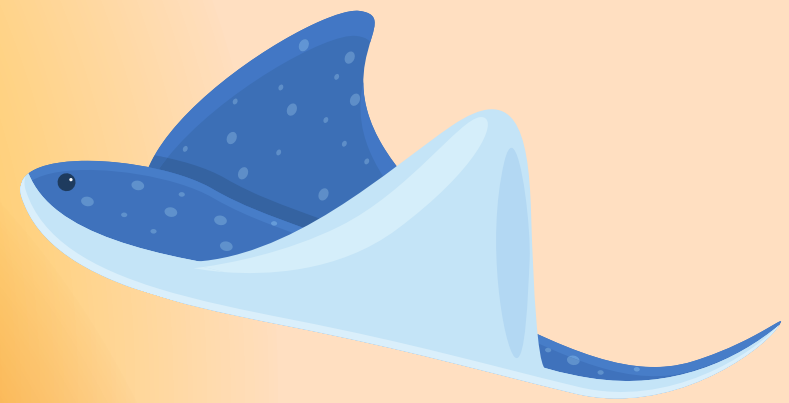
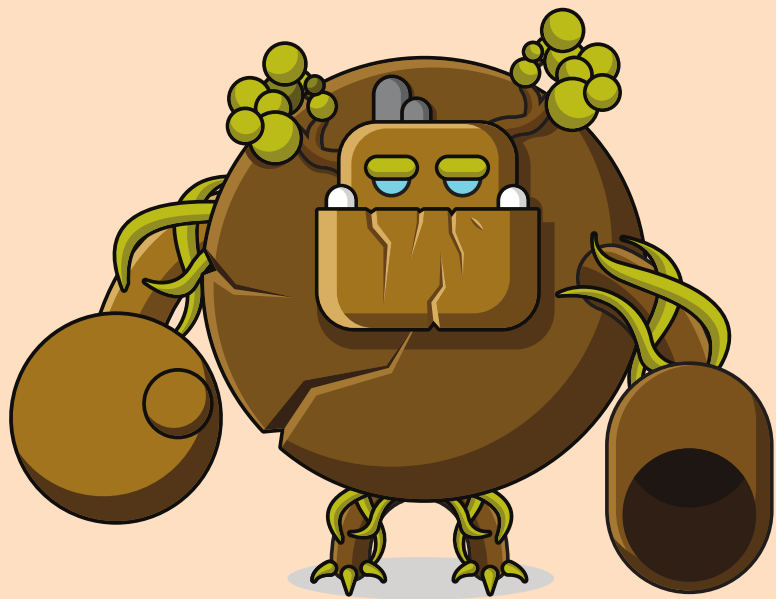
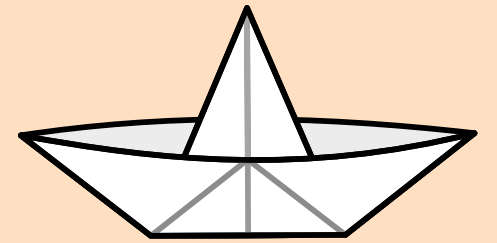
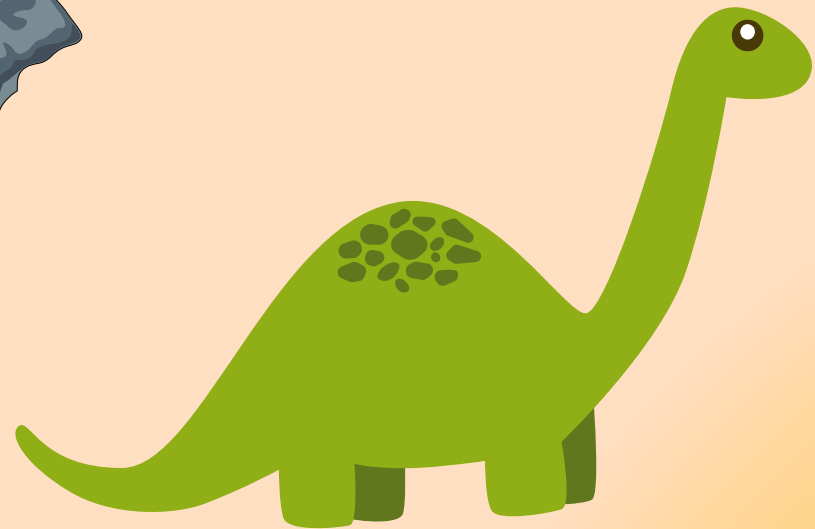
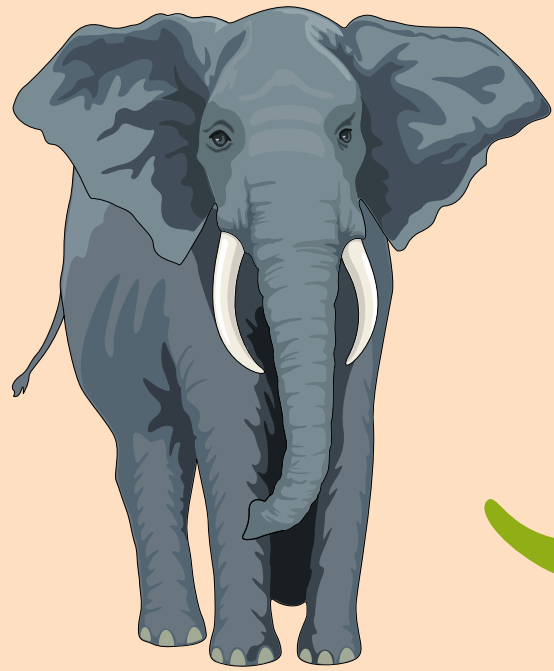
Indirect



# Weight

Heavy

Light



# Speed

Quick

Sustained

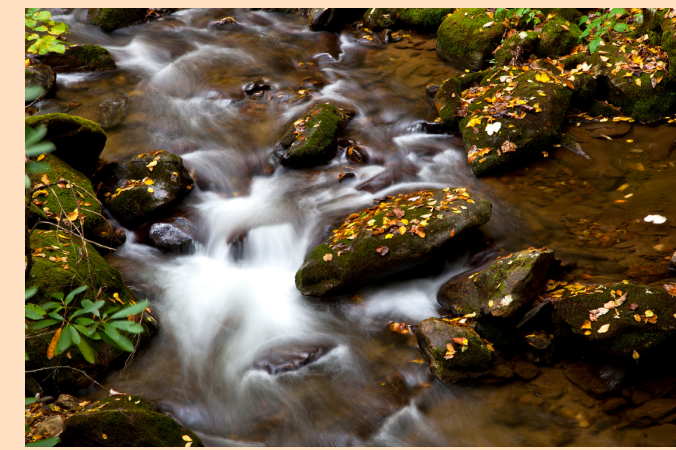
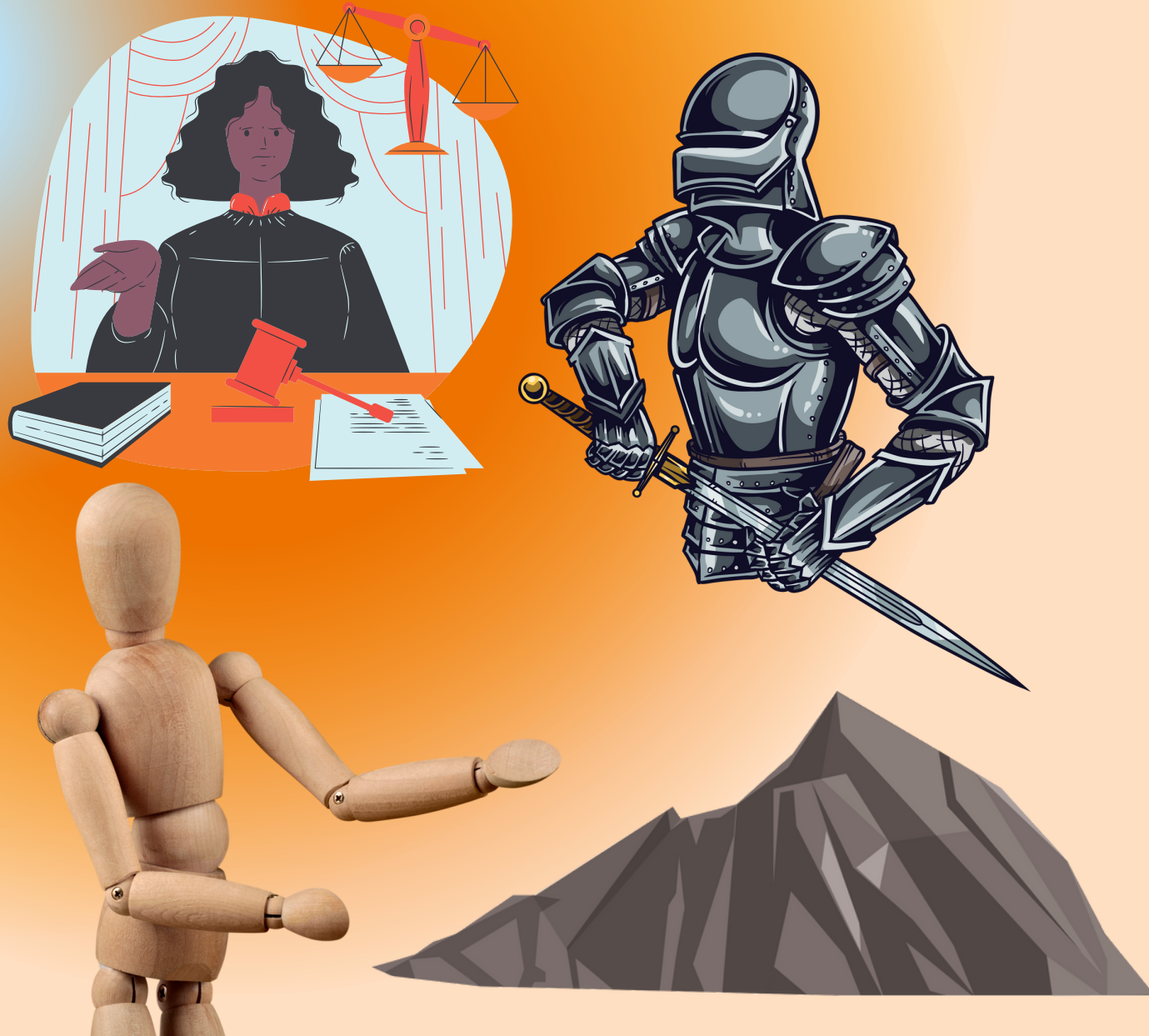




# Flow

Bound

Free



# Combo Dance

Now that you are familiar with Laban's four movement components, let's try combining movement prompts.



Direct



Light



Bound



Indirect



Quick



Free



Heavy



Sustained

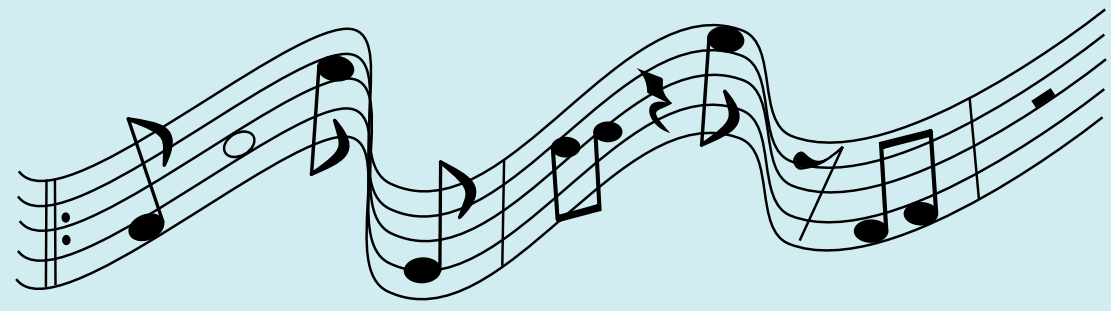
# The Eight Efforts

Now that you are familiar with Laban's four movement components, let's look at Laban's Eight Efforts.

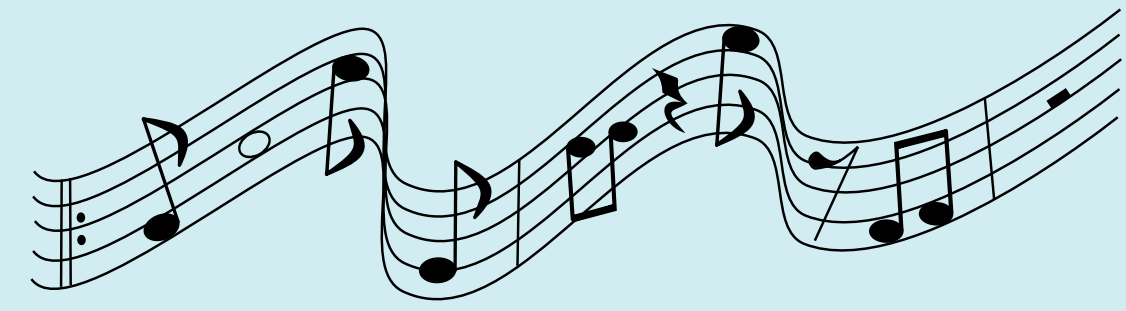
- Wring
- Slash
- Float
- Flick
- Glide
- Dab
- Press
- Punch



	Direction	Weight	Speed	Flow
Punch	Direct	Heavy	Quick	Bound
Dab	Direct	Light	Quick	Bound
Press	Direct	Heavy	Sustained	Bound
Glide	Direct	Light	Sustained	Free
Float	Indirect	Light	Sustained	Free
Slash	Indirect	Heavy	Quick	Free
Flick	Indirect	Light	Quick	Free
Wring	Indirect	Heavy	Sustained	Bound

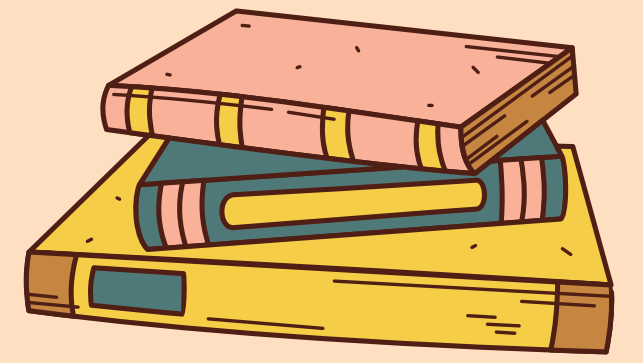


# Laban Music



- Alone or as a group choose 1 of Laban's efforts (Keep this secret!)
- Find a piece of music that represents your chosen effort
- Consider
  - Composition
  - Lyrics
  - Emotions one may feel while listening or moving to the music
  - Instrumentation
- Present your music to the class. Your classmates will guess which effort your group chose before you reveal!

# Literature Search



- Alone or as a group choose 1 of Laban's efforts (Keep this secret!)
- Find a paragraph or poem that represents your chosen effort
- Consider
  - Punctuation
  - Vocabulary words
  - The content
  - Emotional connection to the text
- Read your text aloud to the class. Your classmates will guess which effort your group chose before you reveal!





# Character Search



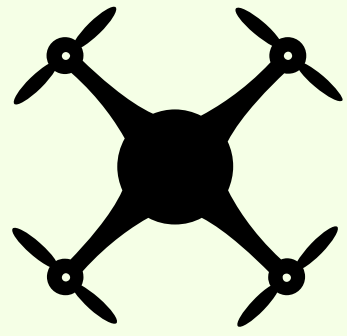
- Alone or as a group choose 1 of Laban's efforts (Keep this secret!)
- Find a fictional (cartoon or book) character that represents your chosen effort
- Consider your characters
  - Movement
  - Voice and how they speak (If they do!)
  - Personality
  - How they express their emotions
- Share a picture your character to the class. Your classmates will guess which effort your group chose before you reveal!

# Processing Questions

- How can you use Laban's movements in other parts of your life?
- How could you use Laban's movements to enhance your learning?
- How does movement connect you to your emotions?







# Project - Maze



- Practice using the eight Efforts in a design challenge
- In groups discuss, plan, and design a maze blueprint and vehicle prototype
- You can create a 3D version of your maze and vehicle or create and draw detailed blueprints
- You must use at least 2 of Laban's movement components

