

Stomping Eggshells: Rethinking ‘Together’ Through Improvised Movement, Reflection and Text

Zoe Hunter
the-pad@bigpond.com

I am new to action research and my knowing of action research is limited. Should I be apologetic about my inexperience or insecure about my beginner status?

I. WORKSHOP FOCUS

The main aim of this workshop is to have fun exploring interactions through improvised movement, dance, reflection and text. This workshop is a series of accessible movement improvisations. All welcome!

II. WORKSHOP PROCESS

The plan is to begin with a name circle, progress to an ‘eggshell stomp’ and finish with a group gather and reflection.

Improvisation themes are...

- Moving Into Spaces
- Changing Paces
- Handy
- Eggshell Stomp
- Texting Circle