







STORY CHOREOGRAPHY PROJECT

PHYSICAL STORYTELLING RESOURCE



Use the prompts below to create poses for different storytelling elements. Turn on music and try different poses for element. Use your entire body and observe yourself in the mirror.

Transform the emotions below into poses. Create a literal pose in an ask abstract pose for each

- | | |
|--|--|
|  confused, disoriented |  happy, joyous |
|  in love, crushing on |  sad, depressed |
|  angry, furious |  silly, wacky |

Transform the elements below into poses. Create a literal pose in an ask abstract pose for each



fire



air



water



earth

WORDS TO KNOW

Physical storytelling

The use of your body and movement to portray the elements of a story including character, plot and setting.

Pose

a fixed position of the body like a statue, also called a physical picture

Literal expression

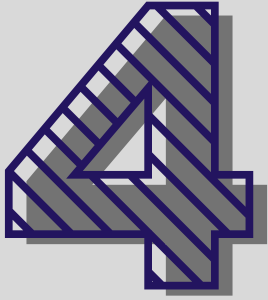
representing the exact and universal meaning of the word

Abstract expression

expressing a quality or characteristic outside of the exact meaning of the word

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Choose three elements from your vision board. Create a pose that represents each one. Try multiple options for each one and use your entire body. Use boxes below to describe your vision board element and pose or cut and paste a picture of each.

Vision board piece #1

Vision board piece #2

Vision board piece #3

Pose #1

Pose #2

Pose #3