

Snapshot

DESCRIPTION: Individual students create frozen images with their bodies according to a facilitator's prompt, with little to no preparation time. Students start in a neutral position ("off") and quickly strike a freeze on cue ("on," "freeze" or "snapshot").

SET UP: Students need enough personal space to explore a range of body shapes. A class can be prepared to make snapshots in a variety of configurations (e.g. a circle, two lines facing each other, roving between prompts throughout the space, or spread throughout the room and facing one direction.)

MATERIALS: A percussive instrument.

SAMPLE PROCEDURE:

- 1) Instruct students to stand together in a large circle;
- 2) Explain and model a neutral, quiet stance facing the outside of the circle. Try it together.
- 3) Explain and model a "snapshot." Turn around to face the interior of the circle and strike a frozen shape. Try it together with active prompts such as "surfing" or "baseball."
- 4) Introduce percussive patterns as cues. Use two rapid strikes to cue students to relax their shapes and return to the neutral. Use three long strikes to cue students to strike their snapshot shapes. Verbal cues can also be helpful; say "Off!" to cue neutral and say "Snapshot!" to cue the frozen shape.
- 5) Repeat the cycle with variety of prompts that engage a range of contrasting actions and emotional expressions.
- 6) Vocally coach students to emphasize variety. E.g. "I see Mark is picking apples in high space, while Mary is planting seeds in low space."

ASSESSMENT CRITERIA:

- **Freeze:** Student freezes the snapshot on cue with complete commitment to the image.
- **Body:** Student uses face and body using a variety of shapes, parts of the body, and implied energies.
- **Space:** Student uses high, middle, and low levels.
- **Expression:** Student's shape conveys the idea of the prompt in surprising and interesting ways.

REFLECTIVE QUESTIONS:

How can you tell what is happening in a snapshot? How does the body communicate emotions? What are the challenges to freezing your snapshot position? How do you show action while being in a frozen position? What makes a quality snapshot?