

## Creative Movement Poem

This action poem is based on creative movement concepts from the Rudolf Laban movement analysis tradition and takes students through contrasting spacial dimensions and qualities of action. Fill in the last of the line with the names of plants, animals, insects, formations, or other aspects that can be acted out from your specific environment. Alternative or similar descriptors are provided in parentheses. Feel free to add your own.

1. I am as **tall** as...  
(high, long)
2. I am as **small** as...  
(low, short)
3. I am as **wide** as...  
(open, flat, round)
4. I am as **narrow** as...  
(closed, tight, thin)
5. I am as **twisted** as...  
(knotted, crooked, spiraled)
6. I am as **straight** as ...  
(balanced, centered)
7. I am as **strong** as ....  
(powerful, weighted, immoveable)
8. I am as **light** as...  
(delicate, feathery, floating)
9. I am as **slow** as...  
(plodding, careful, determined)
10. I am as **fast** as ...  
(quick, sudden, perky, percussive)
11. I am as **winding** as...  
(indirect, meandering, diffuse)
12. I am as **sharp-eyed** as...  
(direct, straight forward, focused)
13. I am as **busy** as...  
(active, agitated, buzzing)
14. I am as **still** as...  
(centered, paused, resonating)

Since I am all of these things, what am I? (Name of your place)