evergreen

AM
ARBORS
ISSUE 1

THE SALVATION ARMY USA EAST ARTS MINISTRIES BUREAU PUBLICATION



MAKE A MOVE

STORY-BASED CHOREOGRAPHY

OVERVIEW

Dance is a universal language that utilizes the body as an instrument to spread the Gospel. This series will explore one of many ways to bring an original movement piece to life through a song of your choice. It is intended for teens or mature dancers who are discovering the choreographer within! Use this guide as personal study or as material for group lessons led by an instructor (prior experience not necessary). Divided into six lessons, this series will help dancers define the intention/message of the piece, build a strong connection to the song, and develop dynamic choreography, conveying story through dance. From initial brainstorming to self-reflection, let's journey through the process of choreography together!

- Natalia Cruz

series breakdown

1. BACKGROUND
2. FOUNDATION
3. SKELETON
4. DETAILS
5. TRIAL & ERROR
6. CLEANUP

time

60-90 minutes per lesson.
Some lessons could take more than a session to cover, and that's okay!

CLASS BREAKDOWN

CHECK-IN	Connect with one another
DEVOTIONS	Scripture, meditation, discussion, and prayer
WARM-UP	Upper body, lower body, floor
IMPROV	Get creative juices flowing
MAIN FOCUS	Deep dive into the main focus of each lesson
BREAKOUT	Write notes, ideas, lesson application, and choreo
DEBRIEF	Discuss together
FINAL STRETCH	Cool-down exercises
CHECK-OUT	Prayer

Evergreen Volume 01
MAKE A MOVE
Story-Based Choreography

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LESSON 1 *background*

GOALS

1. Experiment with different songs, themes, and styles of choreography.
2. Determine the primary theme and fundamental details for the choreography.
3. Identify a song to enhance your message.

SUPPLIES

1. Speaker.
2. Access to a music streaming platform.
3. Phone or multimedia player and headphones for each participant.
4. Pencils.
5. Personal copies of this workbook for each participant.

PREP

1. Choose at least three songs that are contrasting in style and rhythm *(preferably instrumental).*

CHECK-IN

sit in a circle

SAY Let's go around the circle and share how you're feeling today using only one word.

DO Set the tone for honest sharing by going first. Allow time for them to share their first word.

SAY Thank you all for sharing! Let's go around the circle again, but this time share in one word your expectations for today's class.

TIP

Allow shy participants a moment to think, then come back to them when the circle is completed.

DO Allow time for them to share their second word.

SAY Thank you all for sharing! I want you all to know that this is a safe place for us to share our feelings and ideas. We'll be creating new things together. There are no right or wrong creative ideas here!

DEVOTIONS

sit in a circle

TIP

Ask someone who is growing in leadership to read the scripture for the group.

READ *Ephesians 2:10*

"For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago."



Let's take one minute to meditate on this passage before discussing.

REFLECT

1. What stands out for you in this scripture?
2. How does it feel to be considered a masterpiece?
3. What is Jesus saying to you through this passage?
4. What do you believe He has planned for you to do?

PRAY

Thank you, Father, for creating us with a purpose. Thank you for preparing in advance the good work that we will do through you. Help us to glorify you in all that we do. In Jesus' name, Amen.

NOTES

WARM-UP

spread throughout the space

DO Play music and lead the group warm-up. Some suggestions for warm-up exercises are:

UPPER BODY

1



HEAD ROLLS
LEFT, CENTER, RIGHT

2



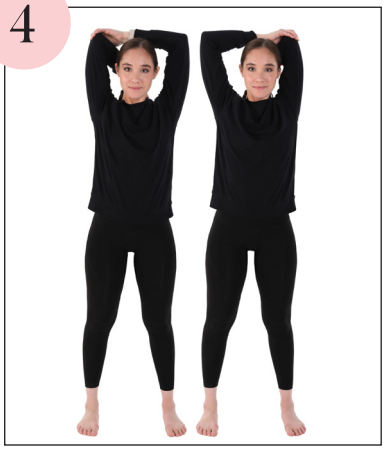
SHOULDER ROLLS

3



CROSS-BODY SHOULDER STRETCH
LEFT & RIGHT ARM

4



OVERHEAD TRICEP & SHOULDER STRETCH
LEFT & RIGHT ARM

5



ALTERNATING SIDE REACH-OUTS

LEFT, CENTER, RIGHT

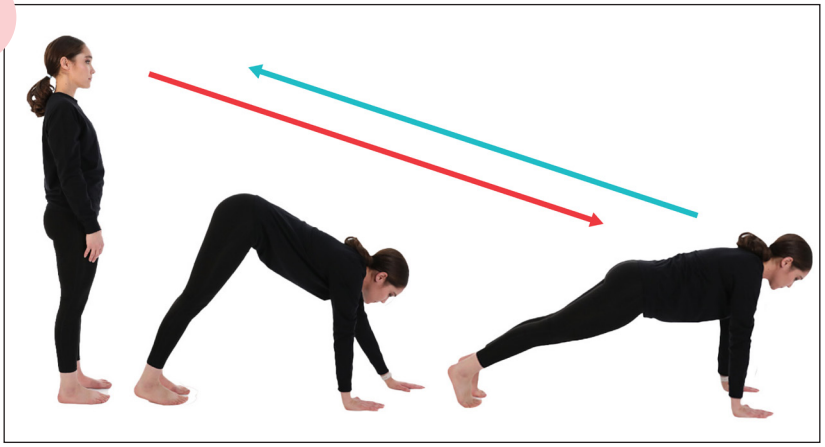
6



OVERHEAD OBLIQUE STRETCH

LEFT & RIGHT SIDE

7



INCHWORM

FULL EXTENSION & RETRACTION

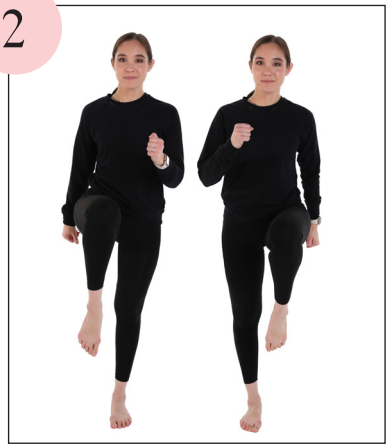
LOWER BODY

1



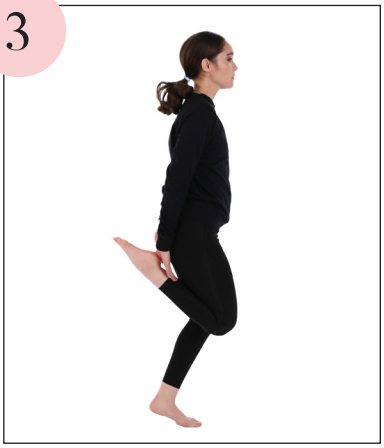
JUMPING JACKS

2



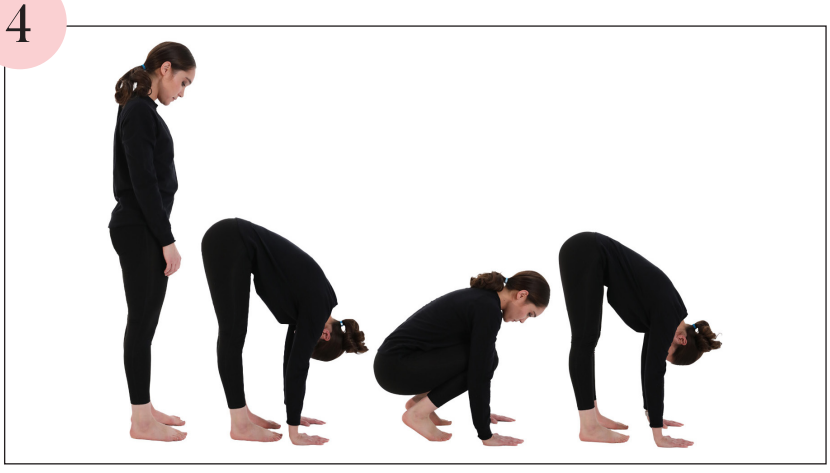
HIGH KNEES
ALTERNATING LEGS

3



BUTT KICKS
ALTERNATING LEGS

4



ROLL DOWN, KNEE BEND & ROLL UP

5



PLIE
1ST POSITION

6



PLIE
2ND POSITION

7



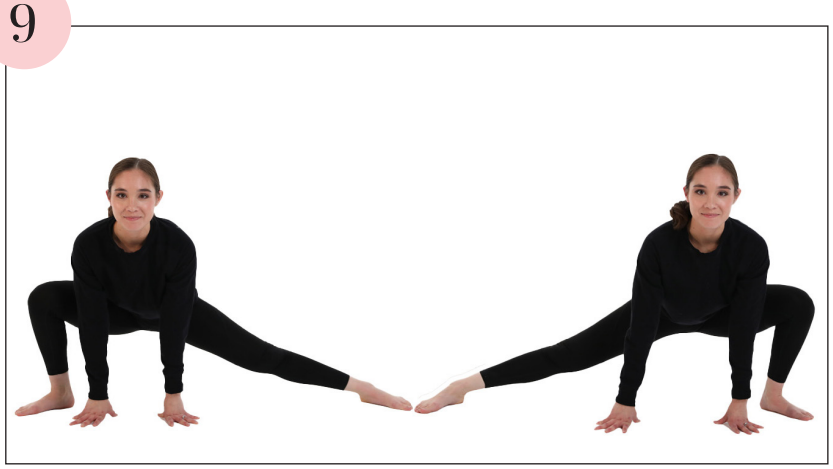
PLIE
5TH POSITION

8



LUNGE STRETCH
CHEST DOWN & CHEST UP

9



LUNGE TURN OUT
LEFT & RIGHT LEG

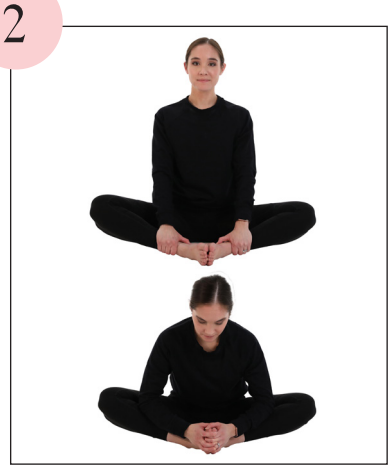
FLOOR

1



PIGEON STRETCH
LEFT & RIGHT LEG

2



BUTTERFLY STRETCH
CHEST UP & CHEST DOWN

3



SEATED TOE TOUCHES
SITTING TALL & REACH

4



BACK BEND

5



PUSH-UPS



MODIFIED PUSH-UPS

6



CRUNCHES

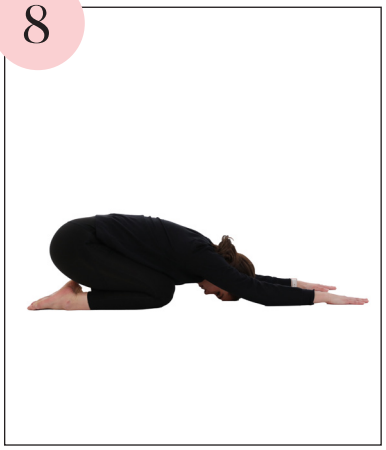
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HAMSTRING STRETCH

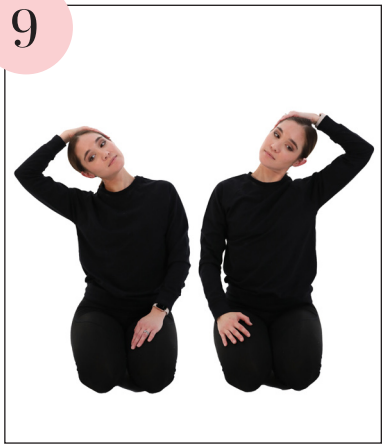
LEFT & RIGHT LEG

8



CHILD'S POSE

9



NECK STRETCH HOLD

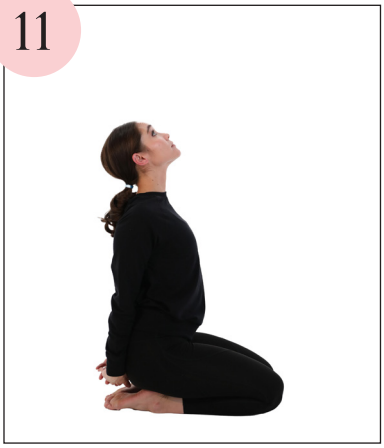
LEFT & RIGHT SIDE

10



HEAD FORWARD HOLD

11



CHEST TO CEILING HOLD

DO Quick water break.

IMPROV

spread throughout the space

DO Bring out the three songs you selected during prep. You should try to look for songs with different tempos, intensities, and instrumentation so that the dancers can experiment with each one.

SAY I'm going to play three songs for you; each one of them is very different. Close your eyes and feel the music. Create a few bars of a dance phrase to describe an emotion that it made you feel. We'll share after listening.

DO Improvise movement to a section of each song. This exercise can vary depending on the type of group you're working with:

OPTION A

If your group is outgoing, divide the dancers into three groups and assign one song per group. Have each group improvise to that section of their assigned song while the other two groups watch.

OPTION B

If your group is shy, spread everyone out and improvise looking in whatever direction they want.

DO Explore all three songs.

TIP

Set the tone for exploration by jumping in and dancing too!

SAY I'll play the songs again, but this time we'll take turns watching each other's dance phrases.

DO Give everyone a chance to share.

DISCUSS

sit in a circle

1. What did the music or movement make you feel?
2. Whose choreography captivated you? Why?
3. Which of the songs did you feel most comfortable dancing to? Why?
4. What worked and what didn't?
5. What would you do differently?

NOTES

MAIN FOCUS

spread throughout the room and sit down with this booklet and pencils

SAY

Let's begin this time in personal conversation with God. Get comfortable, close your eyes, and allow the Lord to speak to you as I read these prompts.

TIP

Leave generous space between prompts for dancers to listen to the Lord.

PRAYER PROMPTS

1. "God, I invite you into this creative process."
2. "Show me what you have already planned."
3. "Is there a song or a theme I should explore?"
4. "I put this project in your hands."

APPROACH

The start of your creative process can look different each time. Sometimes you're inspired by a song or a theme; other times you don't even know where to begin. Here are two approaches to help you compile the background information necessary to kick-start your creative thinking. The Song Approach on the first page guides you through prompts to find a song and then a theme to go with it. The Theme Approach prompts on the following page are designed to help you focus on a theme and match a song with it. Choose whichever approach you feel more inclined to dive into and take notes!

SONG APPROACH

FINDING THE SONG

1. What style of dance are you most comfortable with? Which genre of music works best for this style?

2. Are you looking for something more up-tempo or a slower song?

3. Do you prefer a song with lyrics or an instrumental piece?

4. Which one would work best within the context of the occasion?

SONG _____

DEFINING THE THEME

1. What does this song make you feel? What emotions can be easily connected to this song?

2. Is there a story in the Bible that carries these feelings? Or a testimony or a verse?

3. If it has lyrics, what's the main message or the biggest takeaway of the song?

THEME _____

THEME APPROACH

FINDING THE THEME

1. Is there a testimony or a story that you would like to share? A story or verse from the Bible?

2. If it's for a special occasion, what's the main theme of the event?

3. What's the targeted audience?

4. If it's not a solo, how many dancers are you working with? How many would you need to tell your story?

THEME _____

PICKING THE SONG

1. What mood best fits the theme? Something joyful or something more serious?

2. What tempo matches the theme better? Something up-tempo or slow?

3. Is there a song that you know that contains the same message in its lyrics?

SONG _____

BREAKOUT



Explore with the approach you find most fitting. Use your smartphones and headphones to browse songs and themes. Afterwards, we'll gather around in a circle and discuss our ideas together!

DO Monitor independent creative exploration for 10-20 minutes.

NOTES

DEBRIEF

sit in a circle



1. What songs/themes are speaking to you?
2. Why do you feel inclined to share that theme or story?
3. What's your connection to that song or story?
4. What Biblical truth can you connect to your theme?
5. What's the message you want your audience to take home with them?

NOTES

DO Give time for all dancers to share and encourage one another.

TIP

Ask, "Tell us more," when a dancer shares.

SAY

Thank you all for sharing! This is only the beginning, but at least we have one of the most important things to start our original piece of choreography: the message!

FINAL STRETCH

Spread out and do a short series of stretching exercises.

You can follow a short stretch routine or repeat the floor work on pages 11-13.

CHECK-OUT

sit in a circle

SAY

In the beginning of class, we shared one word that represented how we felt. Let's do that same exercise again, sharing a word that expresses how you're feeling now while reflecting back on the class.

DO Listen and make sure everyone has shared.

PRAY

sit in a circle

God, we thank you for being a part of this process and allowing us to create through you. We ask you to bless these projects and that you may be glorified in every one of them. In Jesus' name, we pray. Amen.

LESSON 2 *foundation*

GOALS

1. Interpret the theme and develop a plot.

2. Identify the conflict, rising action, climax, and resolution of both the song and the plot. Then tie them together.

SUPPLIES

1. Speaker.

2. Access to a music streaming platform.

3. Phone or multimedia player and headphones for each participant.

4. Pencils.

5. Personal copies of this workbook for each participant.

PREP

1. Choose 3 songs from the ones selected by the dancers in the last lesson. Ask the dancers if they are okay with having their selected song be used for the improv exercise.

CHECK-IN

sit in a circle

SAY Let's go around the circle and share one low and one high from today. It could be as complex as you're willing to share.

TIP

As the leader, set the tone of honesty and openness by starting this exercise and sharing a low and a high from your day.

DO Allow time for each of them to share.

SAY Thank you all for sharing! I want all of you to remember that this is a safe space for all of us to share feelings, emotions, ideas --- you name it! We all care for each other.

DEVOTIONS

sit in a circle

TIP

Ask someone who is growing in leadership to read the scripture for the group.

READ *1 Corinthians 3:10-11*

"By the grace God has given me, I laid a foundation as a wise builder, and someone else is building on it. But each one should build with care. For no one can lay any foundation other than the one already laid, which is Jesus Christ."

SAY Let's take one minute to meditate on this passage before discussing.

REFLECT

1. What stands out for you in this scripture?
2. What does Jesus want to speak into your life?
3. How does this apply to your choreographic process today?

PRAY

Lord, thank you for laying a firm foundation for us to build upon. We invite you into this process and ask that you please keep inspiring us today. In your name, we pray. Amen.

NOTES

WARM-UP

spread throughout the space

DO Play music and lead the group warm-up. Refer to pages 7-13 for the exercise guide.

UPPER BODY

1. HEAD ROLLS
2. SHOULDER ROLLS
3. CROSS-BODY SHOULDER STRETCH
4. OVERHEAD TRICEP & SHOULDER STRETCH
5. ALTERNATING SIDE REACH-OUTS
6. OVERHEAD OBLIQUE STRETCH
7. INCHWORMS

LOWER BODY

1. JUMPING JACKS
2. HIGH KNEES
3. BUTT KICKS
4. ROLL DOWN, KNEE BEND & ROLL UP
5. PLIE *1ST POSITION*
6. PLIE *2ND POSITION*
7. PLIE *5TH POSITION*
8. LUNGE STRETCH
9. LUNGE TURNED OUT

FLOOR

1. PIGEON STRETCH
2. BUTTERFLY
3. SEATED TOE TOUCHES
4. BACK BEND
5. PUSH-UPS
6. CRUNCHES
7. HAMSTRING STRETCH
8. CHILD'S POSE
9. NECK STRETCH HOLD
10. HEAD FORWARD HOLD
11. CHEST TO CEILING HOLD

DO Quick water break.

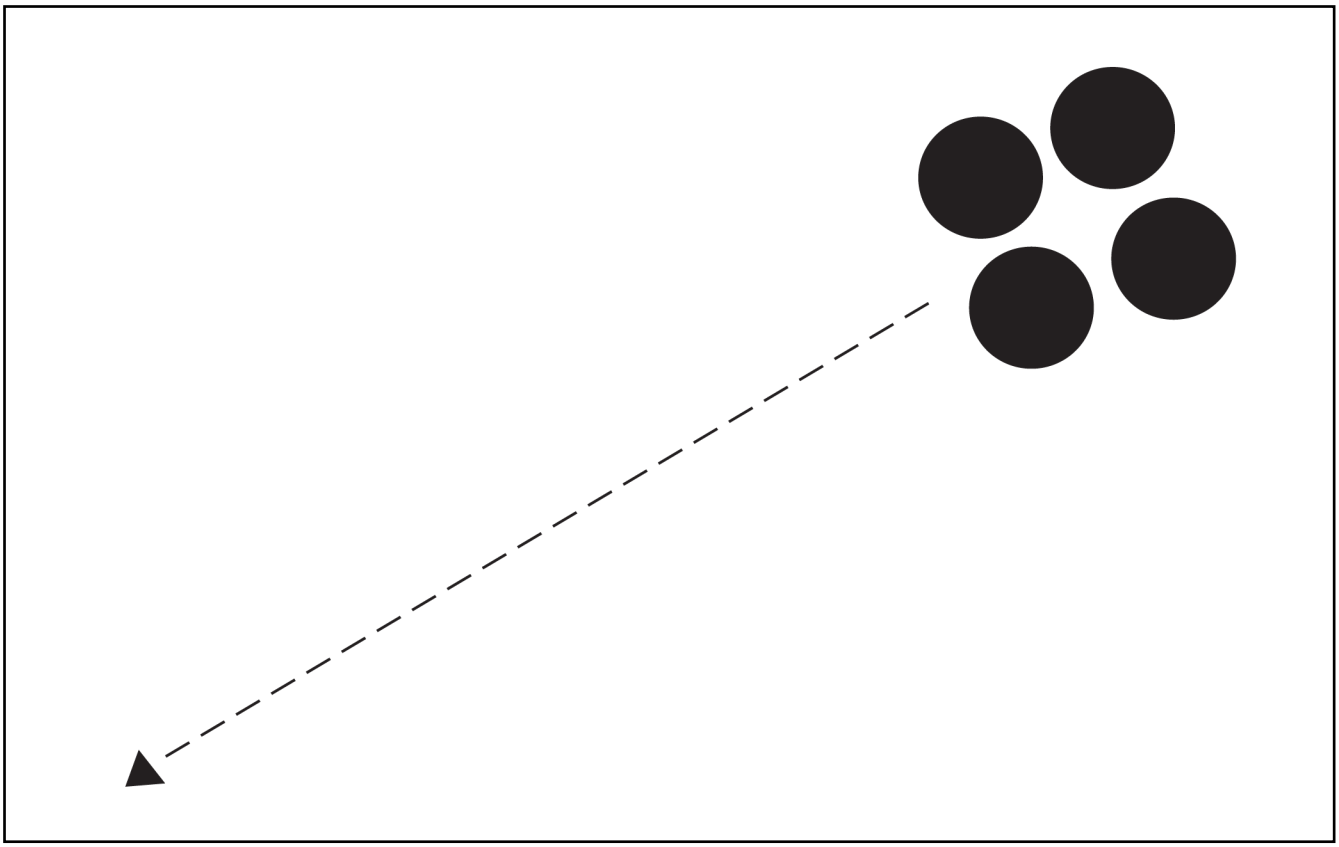
IMPROV

spread throughout the space

DO Bring out the three songs from the ones selected during prep. Divide dancers into groups of two, three, or four.

SAY Let's do an improv exercise across the floor using some of the songs that you have shared with us. This could help you gather ideas for your choreography or get you comfortable moving around and exploring new choreo. Get into groups of three or four and do individual improv for one count of eight across the floor from left to right, and then another count of eight from right to left.

ACROSS THE FLOOR EXAMPLE



DISCUSS

sit in a circle

1. What did the music or movement make you feel?
2. Who's choreography captivated you? Why?
3. Which of the songs did you feel most comfortable dancing to? Why?
4. What worked and what didn't?
5. What would you do differently?

NOTES

MAIN FOCUS

spread throughout the room and sit down with this booklet and pencils



Today we'll lay the foundation for our choreography. We'll review the theme and song you selected and start to develop a plot. Choreography tells a story; it sends a message with no dialogue. It's important to have a clear sequence of events in order for the message to be understood and received. But before we do, let's begin this time in personal conversation with God. Get comfortable, close your eyes, and allow the Lord to speak to you as I read these prompts.

PRAYER PROMPTS

1. "God, I invite you into this creative process."
2. "What message do you have for me today?"
3. "How can I share this message with others?"
4. "I put this project in Your hands."

TIP

Leave generous space between prompts for dancers to listen to the Lord.

NOTES

When you're ready, turn to the plot sheet in your booklets and reflect on the prompts there. Fill out what information you know, and ask the Lord to help fill in the gaps in your creative journey.

PLOT

A plot includes the rising action, climax, and resolution of your piece. Good choreography tells a story and shares a message through character development, highlighting or emphasizing a change from the beginning of the story to the end. Some examples could be, but are not limited to: from sad to happy, from happy to happier, from lost to found, from apart to together, from guilty to forgiven, from broken to repaired, from hopeless to hopeful, etc. Take your time, pray about it, and write it out.

Listen to your song as many times as you need to get familiar with every detail. Fill in the blanks of your story once you've determined the events of your plot. Then, write down the time codes of where you find each event of the plot to be most fitting.

FROM *(CONFLICT)*

TO *(RESOLUTION)*

RISING ACTION

TIME CODE: _____
(Example) 0:15

CLIMAX

TIME CODE: _____

RESOLUTION

TIME CODE: _____

DEBRIEF

sit in a circle



1. What's the greatest obstacle you think you had while developing the plot?
2. What's moving your story?
3. What's the driving factor causing the character development in your plot?

NOTES

SAY

Thank you all for sharing! Now we have a more concrete idea of the messages that we will be sending through our dance pieces.

FINAL STRETCH

Spread out and do a short series of stretching exercises.

You can follow a short stretch routine or repeat the floor work on pages 11-13.

CHECK-OUT

stand in a circle

SAY

We shared our highs and lows at the beginning of the class, so now we're going to do something similar. We'll go around the circle, and each of us will share one high --- something easy, fun, or an idea --- from today's class and one low -- something to work on or a challenge.

DO Listen and make sure everyone has shared.

PRAY

sit in a circle

Thank you, Father, for being with us today. We thank you for being the firm foundation of our piece. May it glorify you even now, in its beginning stages. Amen.

LESSON 3 *skeleton*

GOALS

1. Compose a general vision of your choreography following the plot.
2. Employ different formations and levels to make it more engaging and dynamic.

SUPPLIES

1. Speaker.
2. Access to a music streaming platform.
3. Phone or multimedia player and headphones for each participant.
4. Pencils.
5. Personal copies of this workbook for each participant.

PREP

1. Select a few lyrical, classical, instrumental, and/or worship songs for improv exercise.

CHECK-IN

sit in a circle

SAY

Let's go around the circle and share an experience you had dancing or watching choreography that made you feel most connected to God.

TIP

Ask, "Tell us more," to motivate conversation.

SAY

Thank you all for sharing! Dance is a powerful tool that God has given us to use. When we dance, we become God's instrument to share His Gospel and connect people to Him.

DEVOTIONS

sit in a circle

TIP

Ask someone who is growing in leadership to read the scripture for the group.

READ *2 Corinthians 4:7*

"We now have this light shining in our hearts, but we ourselves are like fragile clay jars containing this great treasure. This makes it clear that our great power is from God, not from ourselves."

SAY

Let's take one minute to meditate on this passage before discussing.

REFLECT

1. What stands out for you in this scripture?
2. Can you share a time in your life where you felt like a fragile clay jar and experienced God's power clearly?
3. What does Jesus want to speak into your life?
4. How does this apply to your choreography process today?

PRAY

Dear God, we thank you for using us as instruments to share your light. We come to you seeking your Spirit, because we know that we cannot do this with our own strength and power. Be with us. Amen.

NOTES

WARM-UP

spread throughout the space

DO Play music and lead the group-warm up. Refer to pages 7-13 for the exercise guide.

UPPER BODY

1. HEAD ROLLS
2. SHOULDER ROLLS
3. CROSS-BODY SHOULDER STRETCH
4. OVERHEAD TRICEP & SHOULDER STRETCH
5. ALTERNATING SIDE REACH-OUTS
6. OVERHEAD OBLIQUE STRETCH
7. INCHWORMS

LOWER BODY

1. JUMPING JACKS
2. HIGH KNEES
3. BUTT KICKS
4. ROLL DOWN, KNEE BEND & ROLL UP
5. PLIE *1ST POSITION*
6. PLIE *2ND POSITION*
7. PLIE *5TH POSITION*
8. LUNGE STRETCH
9. LUNGE TURNED OUT

FLOOR

1. PIGEON STRETCH
2. BUTTERFLY
3. SEATED TOE TOUCHES
4. BACK BEND
5. PUSH-UPS
6. CRUNCHES
7. HAMSTRING STRETCH
8. CHILD'S POSE
9. NECK STRETCH HOLD
10. HEAD FORWARD HOLD
11. CHEST TO CEILING HOLD

DO Quick water break.

IMPROV

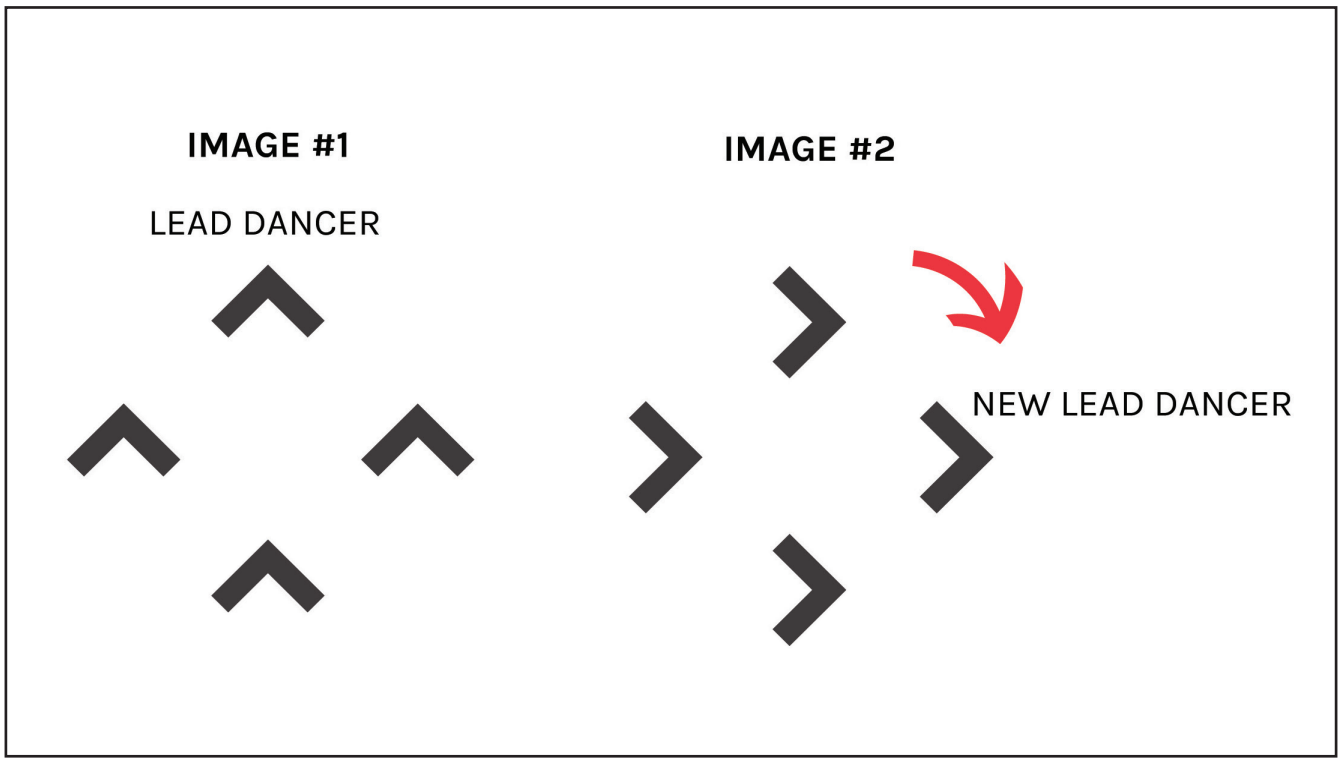
standing, divided into groups of three or four

SAY

We're going to do an exercise in flocking, named after the way birds flock together and fly in synchronicity. In our groups of three or four, make a diamond or triangle formation.

SAY

Let's start facing forward. The dancer in front, like in image #1, will lead the flock in slow, improvised movement as the rest of the group copies. Moving as one, when the lead dancer in front turns to the side, all of the other dancers will also turn to the side, like in image #2. Since the dancer that was leading is no longer in the direct line of sight of the dancers, the new lead dancer will be the one in front and will lead the others with their improvised movement, and so on with the other directions.



DO Play music and give time for each dancer to take turns leading.

TIP

Slow, big, and outward movement tend to work best.

DISCUSS

sit in a circle

1. How did it feel when you were the leader of the *flock*?
2. How did it feel to follow the leader's movement?
3. What worked? What didn't?
4. How can you see this exercise helping your creative process?

NOTES

MAIN FOCUS

spread throughout the room and sit down with this booklet and pencils

SAY

In our last lesson, we identified the sequence of events in our choreography and wrote down the time codes for where those events would fit most in the song. With your plot in mind, try to visualize movement, formations, what levels you would be using at what point in the dance, sounds or words in the song you would like to accentuate with movement --- all of those details. Then, write it down in your notes. But before we do, let's begin this time in personal conversation with God. Get comfortable, close your eyes, and allow the Lord to speak to you as I read these prompts.

PRAYER PROMPTS

1. "God, I invite you into this creative process."
2. "How best can I share your message?"
3. "What elements am I missing?"

TIP

Leave generous space between prompts for dancers to listen to the Lord.

SAY

When you're ready, turn to the Formations sheet in your workbook and follow the prompts while listening to your song as many times as you'd need.

FORMATIONS

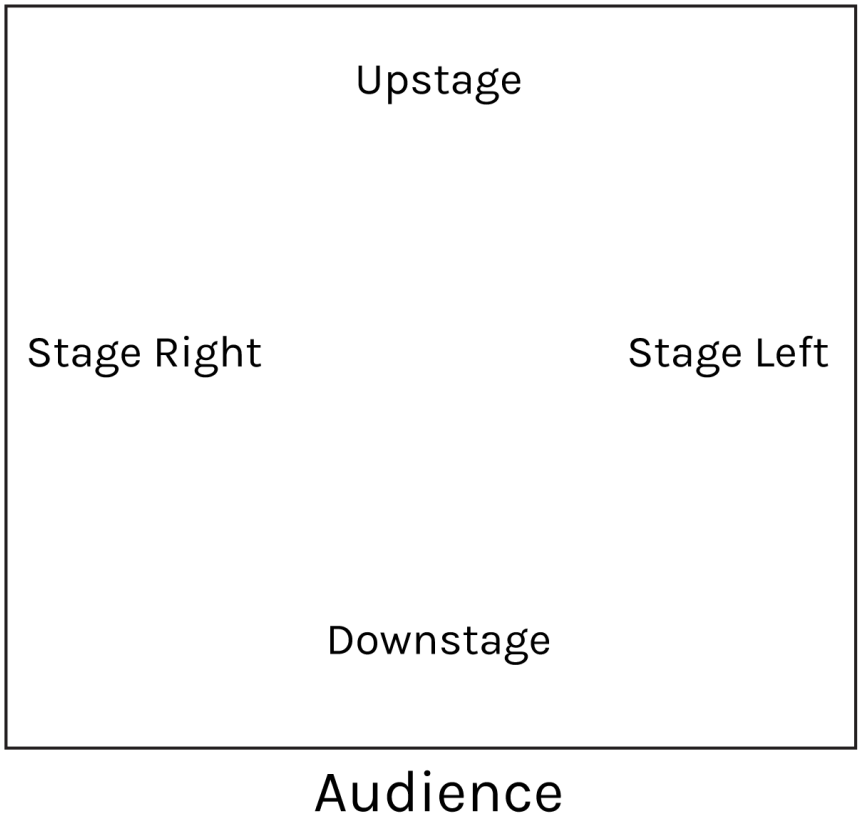
Here, you can write down any formations or transitions that come to mind as you brainstorm. Add a cue for each formation to take place: a time code, sound, or lyric. As you're coming up with formations, make use of levels *(ground, low, middle, high, jumps).* Make sure you don't stay on the same spot throughout the whole dance to make it more dynamic.

TIP

Aim for a different formation for each stage of the plot.

TIP

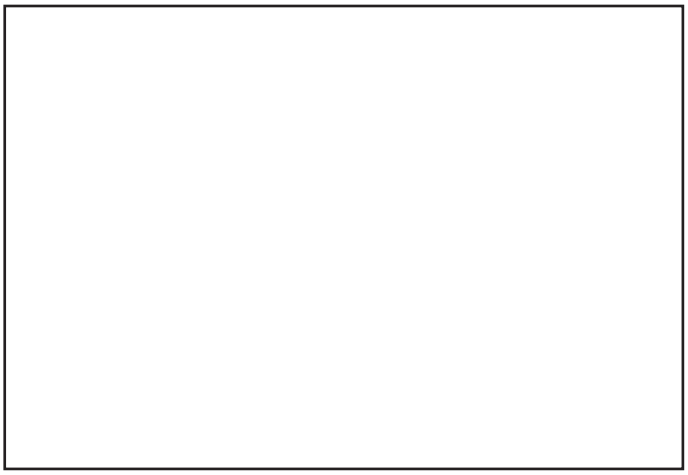
While experimenting with formation shapes, use pennies or small bits of paper with dancer's initials noted.



QUESTIONS TO CONSIDER AS YOU BRAINSTORM

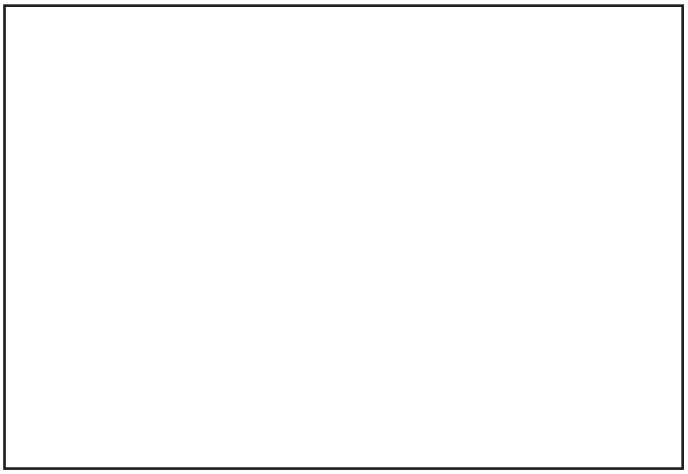
1. What does this formation express?
   Ex. Forward motion, spiraling out, chaos, order, hiding, loneliness.
2. How will the dancers get into this formation?
   Ex. Traveling choreography, run, jump, roll, etc.
3. What levels would help this idea to be clearer?
   Ex. Ground, low, middle, high, jumps.
   Use arrows to help you recall these ideas later.

CUE:



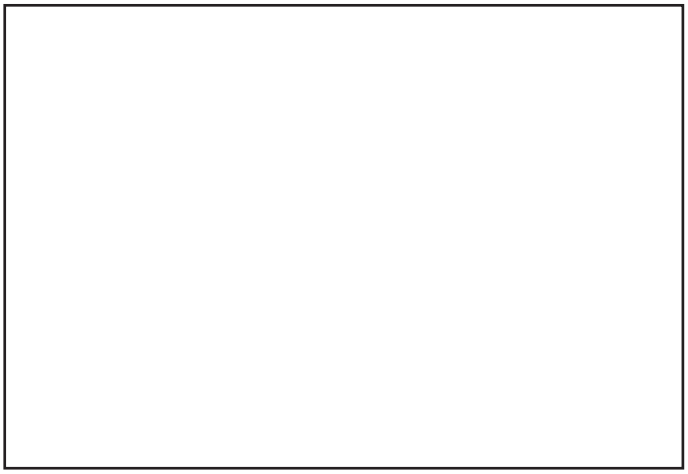
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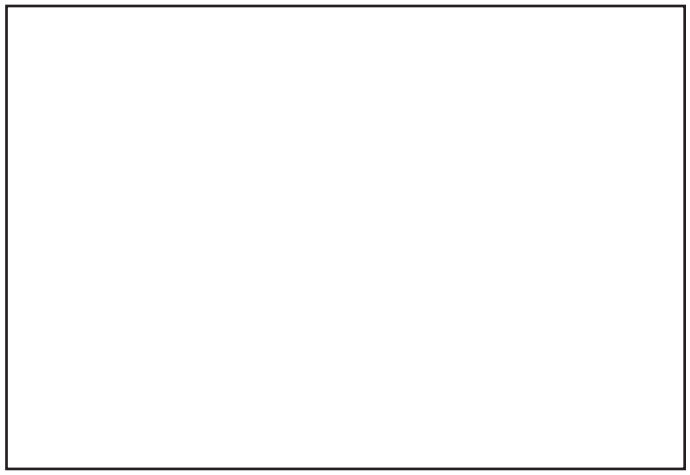
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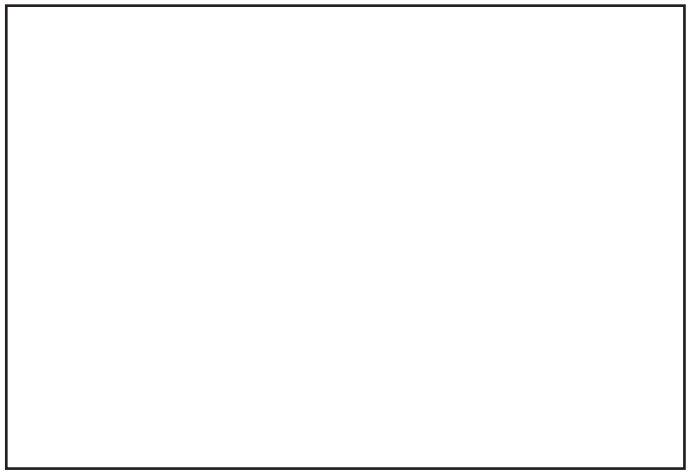
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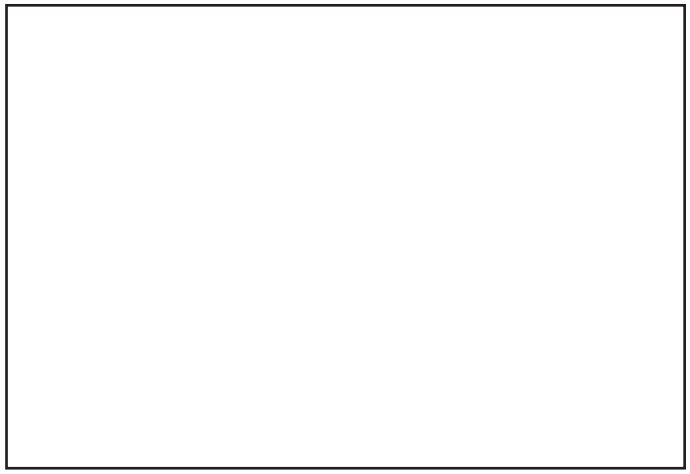
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TIME CODE:

CUE:



TIME CODE:

DEBRIEF

sit in a circle

SAY

1. What are some formations and transitions that you came up with?
2. Were you able to visualize the plot in movement?
3. What were some things that worked for you?
4. What ideas do you like that others have brought to the table?

TIP

Encourage collaborative thinking by using "What if..." statements. Have the group respond to each other with one positive thought and a suggestion.

SAY

Thank you all for sharing! We have at least half of the choreographic work done!

NOTES

FINAL STRETCH

Spread out and do a short series of stretching exercises.

You can follow a short stretch routine or repeat the floor work on pages 11-13.

CHECK-OUT

sit in a circle

SAY

At the beginning of the class, we shared a moment in choreography that made us feel closer to God. Now, let's share in one word what you would like God to accomplish through your piece.

PRAY

sit in a circle

Lord, we acknowledge that we aren't the ones doing the work, but you are doing the work through us. We pray that you are made bigger and we are made smaller, and that you shine brighter in everything we do. In Jesus' name, Amen.

LESSON 4 *details*

GOALS

1. Employ a variety of choreographic tools to make the piece engaging and dynamic.
2. Determine and visualize details such as specific choreography, props, and costuming.

SUPPLIES

1. Speaker.
2. Access to a music streaming platform.
3. Phone or multimedia player and headphones for each participant.
4. Pencils.
5. Personal copies of this workbook for each participant.

PREP

1. Select lyrical worship music playlist for improv exercise.

CHECK-IN

sit in a circle

SAY

Let's go around the circle and share your goal for the day in one word or phrase.

SAY

Thank you all for sharing. I want all of you to remember that this is a safe space for all of us. And we're here to also support and help each other out!

TIP

As the leader, set the tone of honesty and openness by starting this exercise and sharing your own goal for the day.

DEVOTIONS

sit in a circle

TIP

Ask someone who is growing in leadership to read the scripture for the group.

READ *Proverbs 3:5-6*

"Trust in the Lord with all your heart; do not depend on your own understanding. Seek his will in all you do, and he will show you which path to take."

SAY

Let's take one minute to meditate on this passage before discussing.

REFLECT

1. What stands out for you in this scripture?
2. What does trusting in the Lord with all of your heart look like for you?
3. In what ways can you seek His will?

PRAY

Father, help us to focus on you. Help us acknowledge your will in every step that we take. Bring us back to trusting fully in you whenever we lean too much on our own minds and ways.
In Jesus' name, Amen.

NOTES

WARM UP

spread throughout the space

DO Play music and lead the group warm up. Refer to pages 7-13 for the exercise guide.

UPPER BODY

1. HEAD ROLLS
2. SHOULDER ROLLS
3. CROSS-BODY SHOULDER STRETCH
4. OVERHEAD TRICEP & SHOULDER STRETCH
5. ALTERNATING SIDE REACH-OUTS
6. OVERHEAD OBLIQUE STRETCH
7. INCHWORMS

LOWER BODY

1. JUMPING JACKS
2. HIGH KNEES
3. BUTT KICKS
4. ROLL DOWN, KNEE BEND & ROLL UP
5. PLIE *1ST POSITION*
6. PLIE *2ND POSITION*
7. PLIE *5TH POSITION*
8. LUNGE STRETCH
9. LUNGE TURNED OUT

FLOOR

1. PIGEON STRETCH
2. BUTTERFLY
3. SEATED TOE TOUCHES
4. BACK BEND
5. PUSH-UPS
6. CRUNCHES
7. HAMSTRING STRETCH
8. CHILD'S POSE
9. NECK STRETCH HOLD
10. HEAD FORWARD HOLD
11. CHEST TO CEILING HOLD

DO Quick water break.

IMPROV

spread around the room

SAY

Let's try an exercise called *Inside Out*. I'm going to give you emotion-based prompts, and each of you will create a shape, like a statue, that expresses that emotion. We'll take turns walking around to view everyone's shapes. Then, I'll ask you to expand that shape into a phrase of 8 counts. We'll share and view each other's phrases.

EMOTION PROMPTS

HAPPY	**EXCITED**	**RELIEVED**
SAD	**SATISFIED**	**WHIMSICAL**
FRUSTRATED	**JEALOUS**	**UNSURE**
TIRED	**ANGRY**	**HOPEFUL**

DO Feel free to add more prompts and to participate. You can also ask them to create longer phrases per emotion.

DISCUSS

sit in a circle

1. How did the movement change in accordance with the emotion?
2. What are some words you could use to describe how the general movement was when the emotion-prompt was happy? Sad? Unsure?
3. What emotions can you identify in your own piece?
4. How can you use this exercise in your creative process?

NOTES

MAIN FOCUS

spread throughout the room and sit down with this booklet and pencils

SAY

Try to visualize details of your piece that will complement or enhance it. Think about costuming and how it could affect movement. Think about props and what happens to those props when they're not in use. Think about what style of movement and motifs you want throughout your choreography. Think about facial expressions, etc. But before we do, let's take a moment to invite God into this process.

PRAYER PROMPTS

1. "God, I invite you into this creative process."
2. "How can I share this message with others?"
3. "What elements am I missing?

TIP

Leave generous space between prompts for dancers to listen to the Lord.

NOTES

SAY

When you're ready, turn to the Rubric Sheet in your workbook and follow the prompts as you think of possible add-ons.

RUBRIC

Use this rubric as a helpful tool to identify the practicality and purpose of any items (props, costumes, or movement) you would like to add to your piece. Circle or mark the box that is most accurate, following each question.

	NO	YES
Is this **needed**?	The message of the choreography is clear on its own.	Adding this item would help emphasize the message of the choreography or provide context.
Will this **enhance** the piece?	This item can be a distraction to the viewers/dancers; it causes confusion.	This item brings more life to the piece in a way that makes sense and complements the choreography/dancers.
Dancers' **comfort and confidence** remain intact?	This is out of the dancers' comfort level; they still don't have the level of ability to perform with confidence.	Dancers' feel comfortable performing with this item; their level of ability permits them to perform with confidence.
Is this **accessible** to you?	The item is not available to rehearse with at the moment. You aren't able to get the item with enough time for your team to rehearse with it.	This item is available to you and your team to rehearse with. You are able to replicate and teach with item with enough rehearsal time.
Is this **compatible with the style and the song**?	Item does not match the style of dance/music; item seems out of place.	Item does complement the style of dance/music; the item complements the piece nicely.
Is this **compatible with the venue** it will be performed at?	The item's size doesn't fit the venue or makes it difficult for dancers to dance with it in the space.	Item fits well within the space provided.

◯ If you circled *"YES"* for **all** the prompts, you're good to go!

◯ If you circled *"NO"* for **at least one** of the prompts, I invite you to reconsider adding that item to your choreography. Think of different ways you could incorporate the item in question to better fit your piece, or think of other items that could replace it.

DEBRIEF

sit in a circle

SAY

1. What are some details you added to your piece?
2. How do they complement your choreography?
3. Were there any ideas you decided to shelve? Why?
4. What ideas do you like that others have brought to the table?

TIP

Encourage collaborative thinking by using "What if..." statements. Have the group respond to each other with one positive thought and a suggestion.

SAY

Thank you all for sharing!

FINAL STRETCH

Spread out and do a short series of stretching exercises.

You can follow a short stretch routine or repeat the floor work on pages 11-13.

CHECK-OUT

sit in a circle



At the beginning of the class, we shared our goals for today. Let's check back in with that goal and share where we ended up today in relation to that goal. Some of us may be closer to the goal than others, and that's totally okay!

PRAY

sit in a circle

Father, thank you for showing us your will along the way. Thank you for letting us lean on you for wisdom and guidance. We trust you and look up to you for what's left of the process. We love you. Amen.

LESSON 5 *trial and error*

GOALS

1. Construct concrete choreography, applying the aspects worked on in past lessons.
2. Assess whether some things worked or didn't and figure out alternative options.

SUPPLIES

1. Speaker.
2. Access to a music streaming platform.
3. Phone or multimedia player and headphones for each participant.
4. Pencils.
5. Personal copies of this workbook for each participant.

PREP

1. Select a few lyrical, classical, instrumental, and/or worship songs for improv exercise.

CHECK-IN

sit in a circle

SAY Let's check-in with each other, sharing how you're feeling physically and emotionally coming into this space. You can be as deep or vague as you feel comfortable.

DO Allow time for everyone to respond and share.

SAY Thank you all for sharing. I want all of you to remember that this is a safe space for all of us to share feelings, emotions, ideas --- you name it! Dancing with the purpose that we do also allows us to let go and give it all to Jesus.

DEVOTIONS

sit in a circle

TIP

Ask someone who is growing in leadership to read the scripture for the group.

READ *1 Peter 5:6-7*

"So humble yourselves under the mighty power of God, and at the right time he will lift you up in honor. Give all your worries and cares to God, for he cares about you."

SAY Let's take one minute to meditate on this passage before discussing.

REFLECT

1. What stands out for you in this scripture?
2. How does it feel to know that God cares for you?
3. What does Jesus want to speak into your life?
4. How does this apply to your choreography process today?
5. What is something you want to let go of and give up to God?

PRAY

Father, today we are grateful because you are more powerful than anything in this world. We know that you are greater than anything that might stand between us, and today we let go of those things and hand them over to you, God. Thank you for your love and your care. Amen.

NOTES

WARM-UP

spread throughout the space

DO Play music and lead the group warm-up. Refer to pages 7-13 for the exercise guide.

UPPER BODY

1. HEAD ROLLS
2. SHOULDER ROLLS
3. CROSS-BODY SHOULDER STRETCH
4. OVERHEAD TRICEP & SHOULDER STRETCH
5. ALTERNATING SIDE REACH-OUTS
6. OVERHEAD OBLIQUE STRETCH
7. INCHWORMS

LOWER BODY

1. JUMPING JACKS
2. HIGH KNEES
3. BUTT KICKS
4. ROLL DOWN, KNEE BEND & ROLL UP
5. PLIE *1ST POSITION*
6. PLIE *2ND POSITION*
7. PLIE *5TH POSITION*
8. LUNGE STRETCH
9. LUNGE TURNED OUT

FLOOR

1. PIGEON STRETCH
2. BUTTERFLY
3. SEATED TOE TOUCHES
4. BACK BEND
5. PUSH-UPS
6. CRUNCHES
7. HAMSTRING STRETCH
8. CHILD'S POSE
9. NECK STRETCH HOLD
10. HEAD FORWARD HOLD
11. CHEST TO CEILING HOLD

DO Quick water break.

IMPROV

standing, filling the space

DO Choose any song. Divide dancers into two groups or do this exercise all together.

SAY

As a team, come up with at least three different formations, making sure that each dancer has the opportunity to be in the front at least once. Once you're ready, I'll play some music for you to start flocking like we did last lesson. I'll make you switch things up by calling out the name of the new leader periodically. I'll say, *"Change!"* when it's time to change formations. Try to transition smoothly from leader to leader and formation to formation.

DISCUSS

1. Was it easy to follow the leader in every formation?
2. What didn't work?
3. How can we make it work?
4. Why did we do this exercise?

NOTES

MAIN FOCUS

spread throughout the room and sit down with this booklet and pencils

SAY

This part of the process is all about trial and error. You have all the elements you need to bring your choreography to life. Piece them together, either alone or in a group. At times, you will find yourself trying things that eventually don't work; that's totally normal. Some ideas we put on the shelf, others we may just have to adapt, but it's all a process of trial and error. We'll break out shortly, but before we do, let's begin this time in personal conversation with God. Get comfortable, close your eyes, and allow the Lord to speak to you as I read these prompts.

PRAYER PROMPTS

1. "God, I invite you into this creative process."
2. "What are you trying to teach me today?"
3. How can I best share your message?

TIP

Leave generous space between prompts for dancers to listen to the Lord.

NOTES

BREAKOUT

for 20-25 minutes

SAY

Feel free to grab your notes, your personal devices, and your headphones, and go to your cozy corner. Get moving, try different movements, and make your piece come to life. Record yourself for future reference, and write down any changes you may need to make.

TIP

It's time to be on your feet! Note-taking is great, but physical exploration will move the process along faster.

DEBRIEF

sit along one wall, like an audience facing into the space

SAY

Let's share a segment of your choreography. Before you dance, I'll ask you three questions:

1. What part of the plot are you going to be showing us?
2. What is your favorite part of this piece?
3. What's the message of your choreography?

DO Allow time for everyone to share.

SAY

Thanks for sharing! We've come a long way. You should all feel very proud of what you have accomplished. It's been a real blessing to see how God is using you to spread His message to others. Take the time to finish your pieces before our next lesson.

FINAL STRETCH

Spread out and do a short series of stretching exercises.

You can follow a short stretch routine or repeat the floor work on pages 11-13.

CHECK-OUT

sit in a circle



To finish up today's lesson, let's check back in with each other. Let's go around the circle and share one thing that we are grateful for today.

PRAY

sit in a circle

Dear God, there are so many things that can stand in our way and make us lose focus on you and your blessings. Today, we choose to keep our eyes on you. Holy Spirit, we ask that you continue to help us to put you first. In Jesus' name, Amen.

LESSON 6 *clean up*

GOALS

1. Review their final piece.
2. Identify areas that could need more work.
3. Analyze the choreography and its message.

SUPPLIES

1. Speaker.
2. Access to a music streaming platform.
3. Phone or multimedia player and headphones for each participant.
4. Pencils.
5. Personal copies of this workbook for each participant.

PREP

1. Put together a lyrical worship music playlist for improv exercise.

CHECK-IN

sit in a circle



This is the final lesson in this series. To begin, I want to thank each of you for being so open and for working so hard. We'll get to share what you all have been creating, but before we begin, let's check in with each other. Let's go around the circle and share the biggest takeaway for you from this whole process. It could be put into one word or however many you'd like!

DO Allow time for everyone to share. Set the tone by sharing your takeaway as well.



Thank you all for sharing and for making this a safe space for all of us.

DEVOTIONS

sit in a circle

TIP

Ask someone who is growing in leadership to read the scripture for the group.

READ *Psalm 51:10*

"Create in me a clean heart, O God; and renew a right spirit within me."



Let's take one minute to meditate on this passage before discussing.

REFLECT

1. What stands out for you in this scripture?
2. What does it mean to be clean?
3. What does it mean to be renewed?
4. How does this apply to your life today?

PRAY

Dear God, we thank you for making us clean time and time again. We thank you for your mercy and goodness. We ask that you renew our spirits as we clean up our pieces today.
In Jesus' name, we pray. Amen.

NOTES

WARM-UP

spread throughout the space

DO Play music and lead the group warm-up. Refer to pages 7-13 for the exercise guide.

UPPER BODY

1. HEAD ROLLS
2. SHOULDER ROLLS
3. CROSS-BODY SHOULDER STRETCH
4. OVERHEAD TRICEP & SHOULDER STRETCH
5. ALTERNATING SIDE REACH-OUTS
6. OVERHEAD OBLIQUE STRETCH
7. INCHWORMS

LOWER BODY

1. JUMPING JACKS
2. HIGH KNEES
3. BUTT KICKS
4. ROLL DOWN, KNEE BEND & ROLL UP
5. PLIE *1ST POSITION*
6. PLIE *2ND POSITION*
7. PLIE *5TH POSITION*
8. LUNGE STRETCH
9. LUNGE TURNED OUT

FLOOR

1. PIGEON STRETCH
2. BUTTERFLY
3. SEATED TOE TOUCHES
4. BACK BEND
5. PUSH-UPS
6. CRUNCHES
7. HAMSTRING STRETCH
8. CHILD'S POSE
9. NECK STRETCH HOLD
10. HEAD FORWARD HOLD
11. CHEST TO CEILING HOLD

DO Quick water break.

IMPROV

spread throughout the room

DO Play worship music.

SAY

For today's improv segment, I'm going to play worship music, and we're simply going to improvise! Feel free to close your eyes, pray, kneel, jump, sing, dance, or perhaps integrate some flocking.

MAIN FOCUS

spread throughout the room and sit down with this booklet and pencils

SAY

Today, we have our pieces almost complete. Take a minute to review it, do it from top to bottom, think about it, and watch your video. We'll also go back to the Approach and Plot Sheet you all filled out to see if the message you set out to share is clear and present in your piece. After we've had our breakout, we'll share what we have worked on. If it's a solo, you can share it. If it's a group dance, you can share your plotted choreography with us aloud, or show us a recording if you have it.

TIP

Encourage affirming and positive feedback from the group by responding to each dancer's piece by asking, "What seems clear?" and "What needs clarification?"

BREAKOUT

standing throughout the space

SAY

Use your smartphone/media-player and headphones, to work on your choreography. You have 15 to 25 minutes to review and finalize your pieces.

DEBRIEF

sit along the wall, like an audience facing into the space

SAY

Let's share our pieces and then point out the aspects you cleaned, changed, or added today.

DO After each dancer shares, ask the group the following questions:

SAY

1. What's a message you'll take home with you after watching this piece?
2. What part stood out to you?
3. What did it make you feel?

SAY

Thank you all very much for sharing your pieces and for being so vulnerable! You should all feel very proud of the work you have accomplished. Now you have a piece to perform and share the Gospel!

FINAL STRETCH

Spread out and do a short series of stretching exercises.

You can follow a short stretch routine or repeat the floor work on pages 11-13.

CHECK-OUT

sit in a circle

SAY

As our final check-out, we will practice honoring each other. Turn to the neighbor on your right and give them a compliment, or share something you have grown to admire in them. Then, turn to the neighbor on your left and honor them.

PRAY

sit in a circle

Lord, thank you for being with us through this process. Thank you for inspiring us. Thank you for bringing us closer to each other and closer to you. We pray that you keep us company everywhere we go and in everything we do, and may people recognize your presence before anything else. In Jesus' name, Amen.



EVERGREEN

GROWING SPIRITUAL, PERSONAL AND COMMUNITY ROOTS THROUGH THE ARTS

Produced by the Arts Ministries Bureau, Evergreen is a compilation of series designed for specific age groups, each with a unique biblical and artistic focus. Developed to equip and empower officers/volunteers to produce quality arts programming at their corps, this series will require no special training and minimal preparation from Evergreen instructors. Lessons range from 45 minutes to one hour each, and are free to use throughout the territory. Arts Ministries hopes that Evergreen will create a positive crossover between corps Sunday attendance and after-school programs, preparing young artists for divisional dance/drama teams, Star Search and beyond! With a new series added every year, Evergreen will continue to grow and branch out to reflect the needs and interests of budding creatives throughout the territory.

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Arts Ministries Bureau
USA Eastern Territory

EVERGREEN | ARBORS

Make a Move
Story-Based Choreography
June 2024
Vol. 1

USA Eastern Territory
Commissioners Ralph E. & Susan L. Bukiewicz
Territorial Leaders