

Germane Refrain: Repeat Mo(ve)ments

Time

45-90 minutes

Supplies

Pen or pencil, paper, scissors, glue stick, some space to move

Write

Found poetry is a poem that consists exclusively of outside texts: the words of the poem remain as they were found, with few additions or omissions. Open up a text book or a newspaper, or any source material, and look for a phrase that you'd like to use to build a poem. Connect it to other words and phrases found within the text (you can bounce around from page to page – you don't need to stay in one article or section). Choose one phrase to be your anaphora (a repeated line throughout a poem). I recommend typing the lines out if you started with writing by hand. It's much easier to cut, paste, and edit your way into a poem with repetition and meaning that is satisfying to you. Or you can take your handwritten lines and cut them out with scissors and move them around on the desk, creating a bunch of different poems. If you use this method, make sure you write out your anaphora a few times so you can add it in. When you have the poem in an order you like, you can glue down your lines on a separate sheet.

Move/Repeat

Underline three verbs from the poem. Using your whole body, create whatever shape each word wants to take. Perhaps your first word is "globe." Does that feel open to you? Closed? Heavy? Rounded? Take your time with each word, and find a shape with your body, a pose, that you can get into with ease. Once you've found the shape for each word, repeat and practice them. Is there an order they want to take? Find a way to transition from one shape to the next. You've just created a movement phrase! A short dance. Find music to accompany it and enjoy the poetry of movement and the movement of poetry.

Share Your Discoveries & Reflect

Want to share your thoughts and creations? Add your findings to the Forum, where you'll connect with others who have explored this act.