Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date of Absence: \_\_\_\_\_\_\_\_\_ Period:\_\_\_\_\_\_\_ #:\_

Bound/Free

Bound: To be confined. Energy cut off.

\*\*Get two pieces of string. Have someone tie your hands together either behind your back or in front of you. Also tie your legs together. Improv for 5 minutes with your body bound in string. After 5 minutes, cut the strings off and dance for another 5 minutes completely free.\*\*

Answer the following questions about your experience in complete sentences:

1. What does it feel like to be bound with restrictions of your own body?
2. What was the most difficult part about being bound?
3. What movement were you able to do while being bound?
4. What did it feel like to dance free after your were bound?
5. What does being free feel like?
6. What movement were you able to do while being free?
7. Compare and contrast Bound & Free.



