

# STASIS and activity

Name: \_\_\_\_\_ Period: \_\_\_\_\_

Date: \_\_\_\_\_ Date of Absence: \_\_\_\_\_

## Introduction:

When we are learning about the element of time, there is one particular example of timing that can be the most effective when dancing or improvising and that is the concept of stasis and activity. Stasis is when a dancer is actively holding very still. Activity is when a dancer is actively moving. Watch the video below for an example of stasis and activity.

[Frozen Grand Central](https://www.youtube.com/watch?v=jwMj3PJDxuo) <https://www.youtube.com/watch?v=jwMj3PJDxuo>

## Answer the following Questions:

1. What is your reaction to the video? Did the movers commit to their frozen shapes? How did they demonstrate their commitment?

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2. What were the "audience member's" reaction to their frozen shapes? What happened that caught your eye?

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3. Were all the movers shapes the same? Which frozen shapes stood out to you? Which were the most convincing to the audience?

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## Improvisation:

Now you are going to put this to the test! Go to a public place, maybe you choose a grocery store, or a library, or maybe you head down to swig. Take some friends with you and at the same time **FREEZE** for thirty seconds. It is going to be hard to keep your character and NOT MOVE at all for thirty seconds. Remember that stasis means you are actively holding still. That means that you can breath and blink, but your focus stays exact and precise the whole thirty seconds.

Write your response on the back of this paper.

