

Zoology has been one of the big influences in the development of my Touch Trust work.

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I was lucky enough to work with Professor David Bellamy of Cardiff College University in the '80's. His daughter was a dancer, Jane Bellamy, and he was therefore very interested in the arts. I was fortunate enough to work with him on several projects. He was one of those wonderful people who you feel privileged to know, he was such a clever & wise man.

From a zoological perspective we are hardwired to display/communicate- in order to survive, to bond with an individual and also with our society. Animal display is something we all know about, but may not have recognized its importance for all our mental & physical health & wellbeing.

In this display ritual, there are the following factors;-

- There always needs to be a recipient who sees & accepts our display, for us to be fulfilled & satisfied.
- There also (as we develop) needs to be a group who accepts & appreciates our display as appropriate so that we feel the enjoyment of belonging in our community.

Biological Approach to the teaching of Dance Aimed at Widening the Area of Dance Education Within Movement Studies. Physical Education Review Vol 3 No 1 1980)

So out of this I have developed these key aims-

Key Aim 1 - **Feel comfortable ,physically & personally. Be happy.**
Use praise & observation to achieve this.

Key Aim 2 - **Connect,**
**- in order to motivate our guest to be present
and to connect with the world.**
Use sound & movement, to feel happy /fulfilled.
Use praise & sensory stimulation to achieve this.

Key Aim 3 - **Stimulate expression (displays)**
*Through moving ,singing ,clapping ,praising,
our own energy fields, observation skills ,voice,
sharing & showing, mirroring ,playing, attitude.
Through suitable music ,materials , lights
& contrasting movement activities.*

(Keep these 3 as main focus)

Other aims- 4-

Gradually develop range of movement/expression skills
Through Laban's Art of Movement,(very basic).

Sense of body through;-

- a) massage, touch
- b) free moving
- c) assisted movement
- d) exercise ,yoga

Body in Space

- a) From self/trunk/centre- outwards
- b) Big/little
- c) In a circle
- d) Near/ far
- e) Parachute
- f) Balls /balloons /
- g) Long ,thick ribbons
- h) Travelling /stopping

Relationship

- a) Alone
- b) Partner
- c) Awareness of others-taking turns –clapping others
in the circle
- i) Near /far –partner ,the group –Circle of Friendship
- j) Question & Answer
- k) Mirror
- l) Improvised play

Dynamics

Add a flavour /colour to the activity ie

- a) Light /strong/slow/quick
- b) Start –do-finish(hold)
- c) Suitable variety of music
- e) Percussion & voice

*In order to Highlight this Display & Expression– put it within a ritual of time
/space/ dynamics /relationship -activities. Increase the drama with bright lights
,colourful fabrics , texture, special music and-one's own PRESENCE !*