

# Movement Chart – Sample



Self Space Movement	What feeling or images can this movement show?	General Space Movement	What feeling or image can this movement show?
stretch	a cat after a nap, a flower reaching for the sun, getting more confident	walk	calm, traveling
bend	a strong wind, sudden change	leap	happy, startled
twist		skip	
shake		jump	
swing		hop	
turn		gallop	
fall		crawl	
melt		roll	
wiggle		tiptoe	
sway		stomp	
Low level	Feeling sad, quiet, or sneaky. Slithering like a snake or creeping like a kitten.		
Medium level	Feeling content or serious. Moving smoothly like the wind.		
High level	Feeling excited, confident, or angry. Stretching tall like a tree.		
Smooth Energy	Feeling calm, peaceful, or sad. Swinging arms smoothly like a gentle song.		
Sharp Energy	Frustrated, really excited, afraid. Twisting sharply like a child scared of the dark.		

# Movement Chart – Blank



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stretch		walk	
bend		leap	
twist		skip	
shake		jump	
swing		hop	
turn		gallop	
fall		crawl	
melt		roll	
wiggle		tiptoe	
sway		stomp	
Low level			
Medium level			
High level			
Smooth Energy			
Sharp Energy			