



Flow Kakou

# [PLAY]

PLAY BETWEEN THE LINES

[PLAY] is an artist in residency program designed for schools and businesses. Through collaboration and dance we learn to play between the lines and the limits that guide our decisions. Rules, limits, laws and boundaries are all needed to organize our thoughts and define our understandings. While unknowingly we need those same rules and limits to unleash our creativity and unlock our potential.



The logo for Flow Kākou, featuring the text "Flow Kākou" in a stylized, cursive font. The text is white with a yellow outline and is set against a circular background that appears to be a yellow ring or a stylized sun. The background of the entire page is a photograph of a group of people, including children and adults, sitting on a wooden floor in a classroom or activity room, engaged in a collaborative activity. The room has large windows and a metal cart in the background.

Flow Kākou

# [PLAY]

PLAY BETWEEN THE LINES

[PLAY] is an educational collaboration between a classroom teacher(s), organizational leaders and a professional artist. Designed to expand the minds and abilities of each participant. [PLAY] teaches us to open our perspective and how to see through the lens of creativity.

## We Use [PLAY]

- to understand how to begin an exploration. When dealing with education, entering into an investigation of knowledge with excitement and curiosity will yield better results with learning and development than starting an exploration with hesitancy and fear.
- to have fun, to progress with zeal and to just “go for it” without any sense of fear, failure or imperfection.

Based on Flow Kākou’s 3 C’s Educational pedagogy. We will access Creativity, Communication and Collaboration through dance, music and theater. We will move to understand how our limits are our starting lines to success. [PLAY] helps to guide us through limitation and imagination.



# PLAY

## 3 C'S CURRICULUM

### **Creativity:**

- We engage in physical play and creative movement.
- We learn to think differently about how we move and respond.
- We move through different emotions and learn how to enhance our presence.

### **Communication:**

- We engage in non-verbal and verbal partnering exercises.
- We learn to connect with a partner in a variety of ways.
- We uncover how to connect with our own intuition and confidence in order to communicate clearer.

### **Collaboration:**

- We engage in group choreography, process and performance.
- We learn to work as one organism to create the unexpected.
- We move through creativity, communication and collaboration together. A common experience will create a common language. And that language will define our culture.



# IPLAY

## SYLLABUS

### **Warm Up:**

Body, Mind and Emotion engagement exercises.

### **Individual Exploration:**

Personal rules, limits, tools and solutions; understanding the wisdom we already possess.

### **Partnered Exploration:**

Communication, connection and shared experiences; working with a partner to better understand ourselves.

### **Group Exploration and Performance:**

Collaboration, contribution and presentation; learning how to move as one organism.

### **Warm Down & Reflect:**

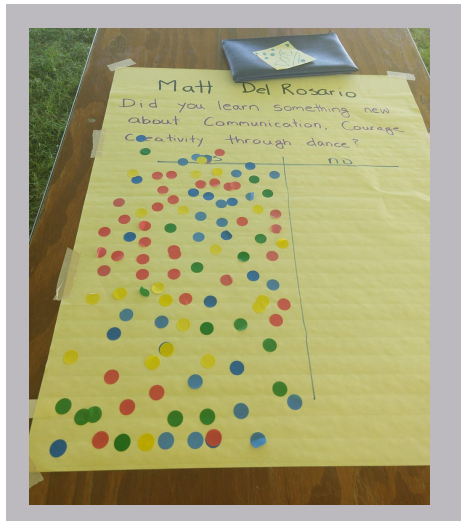
Body, mind and emotional exercises to help refocus our energy.

*\*Each collaboration will have a different syllabus therefore a different look in approach and content but all classes will be layered with Flow Kākou's 3 C's through individual, partnered and group activities and explorations.*

# PLAY

## OUTCOMES

- Happier and healthier mental state
- Re-motivated and re-inspired learners
- New supportive friendships and community
- More communicative, collaborative and creative thinkers, movers and feelers
- Increased improvisational skills
- Enhanced partnering and communication abilities
- Additional choreographic and creation tools accumulated
- The ability to be heard without having to say a single word



Flow Kakou

# PLAY

## TESTIMONIALS

“At first, I thought the guest speaker was a little odd. However, by the end of class I learned a lot from him. First I learned how to use the space around me and travel. Then I learned how to not be afraid to be confident. Next, I learned how to be myself around others and not let them judge me. Also I learned how to trust others by the activities we did. The most important thing I learned was to be the bigger person. It’s always best just to step back and look at the situation before making a decisions.” - High School Student

“Being the shy kid in the class has never been easy for me but I can say without a doubt that after this experience I am able to look at things differently, I can look at people differently.” - Middle School Student

“I Wrote this haiku for you:

You are so awesome  
You are nice and funny too  
Thank you for being real ”

- Elementary School Student



Flow Kakou

# [PLAY]

BETWEEN THE LINES

[PLAY] helps to uncover our fullest potential as learners by teaching us how to play within the lines of limitation.

## Contact

[matt@flowkakou.org](mailto:matt@flowkakou.org)