THE ELEMENTS OF CREATIVE MOVEMENT

BRAINWORKS
Berkshire Regional Arts Integration Network
brainworks.mcla.edu

BODY
Creative movement works works with the parts of the body to move, isolate, manipulate to create shape and movement through space.

SPACE
Creative movement interacts with and occupies space on different levels, in different pathways, in different size and scope ofmovement.

ACTION NON-LOCOMOTOR
Axial-movement around the body's axis.

LOCOMOTOR
Movement that travels through space.

TIME
Movement happens over time and can communicate through tempo and rhythm.

ENERGY
The qualities (sustained, percussive, suspended, etc.), weight (heavy, light, etc.), and flow (continuous, controlled, etc.) of how movement occurs.

Elements and Principles from the *Integrating the Arts* series, published by Shell Education.
Used by permission. teachercreatedmaterials.com/shell-education/integrating-the-arts/