



Moving Field Guide: A Kinesthetic Approach to Environmental Education

April 8, 2021

Link to the recording: <https://youtu.be/pogojADRKnE>

eePRO post: <https://naaee.org/eeepro/learning/webinars/moving-field-guide-kinesthetic-approach>

Speaker: **Cassie Meador, [Dance Exchange](#)**
Jamē McCray, PhD, [Ecotonic Movement](#)

Highlights of the chat transcript:

Welcome!

- Ellie Falk: Ellie from the Civic Garden Center in Cincinnati, Ohio
- Susan Cox: Susan in New Hampshire. US Forest Service
- DEBORAH RILEY: Deb from Silver Spring
- Jennifer Lane: Jennifer from San Luis Obispo CA
- Daniel Chou: Dan from Campbell Creek Science Center (BLM Alaska)
- Anne Umali, (she/her), NAAEE: Great to see where everyone's joining from — near and far from all time zones :)
- batool Ishaque: its exciting to be here!
- Jessie Rathburn: Jessie Rathburn from Loretto, KY
- Jamie Feinstein: Jamie from the San Diego Zoo Safari Park
- Kara Haas: Kara from Michigan State University, Kellogg Biological Station in SW Michigan!
- Cindy Wilems: Cindy Wilems from the Galveston Bay Foundation in Houston
- Toronto and Region Conservation (TRCA): Lisa - Toronto & Region Conservation Authority - Multicultural Connections Program - Toronto, ON, Canada
- Emily Theys (she/her) Dance Exchange: Hi Everyone! Great to be with you all. Emily here from the lands of the Osage and Shawnee people, currently known as Pittsburgh
- **Anne Umali, (she/her), NAAEE: Share your questions for Dance Exchange here!**
- syndallas baughman: Syndallas- Nature Learning Community Ann Arbor Michigan
- **Corina - Dance Exchange: to learn more about native land and see information on your home area, visit: <https://native-land.ca>**

- Melissa Belen-Gonzalez: I am born and raised on Kumeyaay Land and currently working on Guale Land
- Judy Braus (she, her): Joining from the land of the Powhatan, Monacan, and Cherokee
- Corina - Dance Exchange: Imagine being on a nature walk together...
- Kara Haas: learning today from the land of the Potawatomi

Corina - Dance Exchange: Who are the non-human neighbors you have encountered recently or come across in your daily life?

- Sarah Smith: Black-billed magpies
- Elizabeth Funk: Geckos! Doves!
- Lillian Meighan: Bird, insects, water!
- Molly Larmie: Ravens
- Luise Woelflein: Great horned owl parent and chicks!
- Melissa Schneider: My big elm tree
- Toronto and Region Conservation (TRCA): Neighbourhood dogs
- Kara Haas: tulip tree, American robin, black-capped chickadees!
- Graise Lee Jenni: Fox!
- Michelle Ostrowski: Moose
- Morgan Treon: Anoles!
- Seth Winkelhake: annas hummingbird
- Melissa Scouten: rocks
- Stephanie Hummel: Grizzly bears
- Emily Gaines: robins, bees
- Elizabeth Kepley-McNutt: woodpeckers
- Jennifer Lane: skink
- Jessie Rathburn: Deer, coyote, insects, MANY birds
- Jean Keene: A pair of peewees came into my office and flew around a bit earlier today
- Sujata Roy: Bumblebees and flowers
- Jessica Sullivan: ducks
- Jen Young: chipmunks, bumblebees
- Janine Garcia: I saw a diamond-backed water snake swimming along yesterday!
- Sarah Smith: Prairie hares
- Naomi Hershiser: dandelions
- syndallas baughman: Robins black oaks

- Susan Cox: migrating birds
- Daniel Chou: Moose
- Ellie Falk: Cardinals, white tailed deer
- Melissa Belen-Gonzalez: Enol, red cardinals, deer
- Melissa Schneider: Spring flowers
- Emily Gaines: squirrels, house sparrows, deer
- Melissa Hudasko: Black Bears
- Naomi Hershiser: butterflies
- Anne Umali, (she/her), NAAEE: Saw a bunch of wood storks today!
- DEBORAH RILEY: Red fox, racoons
- Liz Lerman: hummingbirds
- syndallas baughman: Sand hill cranes
- Kiersti Ford: Bees, wasps, lavender
- Kathy Chambliss: Eagles
- Cindy Wilems: lots of insects and birds!
- Elizabeth Kepley-McNutt: spring wildflowers
- Naomi Hershiser: daffodils
- Kathy Chambliss: butterflies
- Mark Twery: Worm snake, carolina wren, ...
- Jennifer Lane: bunting
- Monica Fells: crimson clover bees
- Toronto and Region Conservation (TRCA): Neighbourhood cats
- Judy Braus (she, her): cooper's hawks, red fox, mourning doves, groundhogs
- syndallas baughman: Muskrats swans
- Luise Woelflein: Moose
- batool Ishaque: squirrels
- Lydia Van Slyke: buttercups and dandelions
- Leah Higgins: squirrels, redwing blackbirds, deer, bees, ants, oaks
- Jennifer Lane: bees
- Jerry HIGHTOWER: Carpenter Bees, Chipmunks, birds!
- Mark Twery: Papaw, bloodroot, daffodils
- Braus (she, her): Yes, bloodroot is blooming and skunk cabbage is up! :-)

Corina - Dance Exchange: As you watch, we invite you to move along as the dance is created throughout the video.

- Kara Haas: Dance Exchange meetings and webinars are my favorite! we always move!
- Judy Braus (she, her): Great job! What a wonderful video!
- Kara Haas: loved seeing all the different dancers at the end! very moving in an emotional way!!

Corina - Dance Exchange: What ideas were sparked?

Corina - Dance Exchange: What were memorable moments?

Corina - Dance Exchange: What questions are emerging?

- Monica Fells: This is great!! I can see me using this with my Pediatric Physical Therapy clients and their families!!
- Becky Yaeger: I liked the shelter/roof over the little seed.
- Sujata Roy: Inspiring to see the chestnut seed wearing a backpack of nutrition!
- Elizabeth Funk: such an interesting way to strengthen learning and memory. I know I'll remember the willow tree fact now!
- Courtney Surmanek: I'm open to it
- Nate Nibbelink: Looking for "life" under the snow!
- Julia McLeod: I'm intrigued by the idea of creating a dance collaboratively with children.
- Jennifer Lane: Loved seeing the floating willow
- Christina Catanese: I loved learning that some plants like forsythia can reroot and spread when they get low
- Emily Gaines: It was cool seeing how the dance was created by all the small movements blended together
- Jerry HIGHTOWER: Dance & Song & Music! This is important to engage learners of any age. Wonderful stuff.
- Melissa Schneider: I loved mixing scientific terms with the movements and dance. I'll never forget that the Forsythia reproduction is called "layering" now - but I may not have remembered that term without the movement/emotion attached to this.
- Kara Haas: thank you for sharing your outdoor spaces Mark and Cassie, videos of our outdoor spaces has been a great way to connect the last year!

- Corina - Dance Exchange: What did you notice about how Cassie created the movement from what was observed and discovered with Mark?
- Morgan Treon: I'd love to hear thoughts/preparations in regards to making this experience feel welcoming to everyone - no matter their mobility levels?

Corina - Dance Exchange: What are the lines we are seeing? Texture? Shape?

Corina - Dance Exchange: Pick one of interest

Corina - Dance Exchange: Can you use that detail you see to create a new movement?

- Sujata Roy: In a real MGF session all the participants collaborate in drawing out the movements
- Shelly Lawson: For limited mobility - people can dance in their chair or modify as needed.
- Corina - Dance Exchange: Detail can be a great tool for adaptation that can include all mobilities
- Corina - Dance Exchange: Details once identified can be done with different body parts depending on the dancer
- Corina - Dance Exchange: Or at different scales
- Corina - Dance Exchange: Spontaneous gesture: one person speaks while another watches for movement that supports description.
- Corina - Dance Exchange: What movements did you notice as Jamé spoke?
- Corina - Dance Exchange: Ocean wave
- Corina - Dance Exchange: Seed shape
- Corina - Dance Exchange: Roots going down
- Corina - Dance Exchange:
 - Full Dance:
 - 3 curves like aster
 - Trance lines of large seed and small seed
 - Ocean
 - Mangrove seed
 - roots
- Shelly Lawson: Lovely
- Kara Haas: *wild applause*
- Corina - Dance Exchange: Music by Judson Kimble
- syndallas baughman: This was just so much fun!

- **Corina - Dance Exchange: Seasons by Judson Kimble:**
<https://www.youtube.com/channel/UCj4d3kTyw14g6A0S2VOXlww>
- **Corina - Dance Exchange:** <https://www.danceexchange.org/>
- **Corina - Dance Exchange:MFG Discover Website**
 - <https://www.danceexchange.org/moving-field-guide-discover>
- Elizabeth Funk: I wonder what strategies you use to introduce this type of learning to groups of children! Very interesting and fun!
- Corina - Dance Exchange: Neyssa Hays to Panelists (3:33 PM): How do you get reticent kids to start?
- Morgan Treon to Panelists and Attendees (3:35 PM): I'd love to hear thoughts/preparations in regards to making this experience feel welcoming to everyone - no matter their mobility levels?
- Teri Heyer to Panelists (3:39 PM): How long of a dance would you recommend that the audience can remember?
- Leslie Arnold to Panelists (3:53 PM): Could you do spontaneous gesture of Natriefia petting and interacting with the cat? I've seen hundreds of Zoom cats and their owners interact with them in similar ways :) The petting movements were very sweet.
- Liz Lerman: beautiful and clear session. thank you all so much
- **Corina - Dance Exchange:**
 - **Stay connected:**
https://secure.lglforms.com/form_engine/s/koNi4D4F8H_OcbcsParYO_A?t=1617805806
- **Corina - Dance Exchange:**
 - **Survey:**
https://secure.lglforms.com/form_engine/s/koNi4D4F8H_OcbcsParYO_A?t=1617805806
- Kiersti Ford: Thank you!
- Emily Gaines: Can you write contact information in the chat?
- Judy Braus (she, her): Yes--you will get a PDF of the presentation. And please say on if you have questions!
- Corina - Dance Exchange: [danceexchange.org](https://www.danceexchange.org)

- Andrea Wakely: HI! I'm wondering if anyone has resources for somatic EE? ----is that a thing? This webinar touches a spiritual part of me. It's deeply comforting and moving. Wondering what other branches of this exist for social and emotional wellness outdoors??
- **Corina - Dance Exchange: Purchase the book here:**
<https://www.danceexchange.org/merchandise/books>

Corina - Dance Exchange: I'd love to hear thoughts/preparations in regards to making this experience feel welcoming to everyone - no matter their mobility levels?

- Corina - Dance Exchange: Thanks for this question!
- Sarah Smith: @ Andrea. You might want to check out Forest Bathing.
- Bryan Nichols: There is some interesting research on using sensory contexts like music or smells to help students recall things. Does your work include any studies that show the dance movements can help participants recall the information? Like - your test is tomorrow, so let's get out in the schoolyard and dance the content again! And even more interesting, do you have evidence that this kind of movement might help learners understand certain concepts more effectively? I can see this having potential for some ecological concepts in particular.
- Joseph Czeisel: How do you adapt this differently for different ages?
- Emily Theys (she/her) Dance Exchange: Connect with Cassie at meadorc@danceexchange.org and Jamē at jmccray@ecotonicmovement.org
- Lynn Prosen: Do you do animal movements as part of lessons too? Does it depend on what has been observed?
- Corina - Dance Exchange: Participant Question: How do you get reticent kids to start?
- Corina - Dance Exchange: Participant Question: I wonder what strategies you use to introduce this type of learning to groups of children! Very interesting and fun!
- Corina - Dance Exchange: Participant Question: How do you get kids who are uncomfortable with this to participate?
- Jennifer Lane:Elementary teachers are usually struggling to keep kids still, rather than to have kids move. IF we don't put kids on the spot, they are often ready to participate
- Bryan Nichols: I have ideas :) O
- Bryan Nichols: I'll get in touch.
- Corina - Dance Exchange: Awesome Bryan! Please be in touch!

- **Corina - Dance Exchange:**

- https://secure.lglforms.com/form_engine/s/koNi4D4F8H_OcbcsParYO_A?t=1617805806

- Melissa Scouten: My daughter has an auditory input disorder and "sky writing" helps her remember how to spell and say a word.
- Corina - Dance Exchange: Participant Question: Andrea Wakely to Panelists and Attendees (3:59 PM): HI! I'm wondering if anyone has resources for somatic EE? -- --is that a thing? This webinar touches a spiritual part of me. It's deeply comforting and moving. Wondering what other branches of this exist for social and emotional wellness outdoors??
- Sara MacCracken: Andrea, you might want to look into the Somatic Wilderness Institute.
- Jerry HIGHTOWER: This was excellent. Thank you.
- Corina - Dance Exchange: Hi Vanessa! The video we saw was a unique and new remote experiment with this work. In person, the group process movement and information together. Cassie would normally ask for movement from the group and the entire sequence is created collaboratively. Working remotely that was not possible.
- Shelly Lawson: I think the process of art and dance is healing regardless of theme (nature or otherwise). Especially if they are able to have self-expression in their movements/art.
- **Corina - Dance Exchange: You can find the book here:**
<https://www.danceexchange.org/merchandise/books>
- Kara Haas: props!
- Shelly Lawson: and Mark
- Shelly Lawson: Thanks for sharing - loved the video. Made me happy
- Jennifer Lane: Thanks for a great presentation!
- Bryan Nichols: Thanks all.
- Lynn Prosen: Thank you so much! Such exciting ideas!