



THE ART OF OBSERVATION

Every day, playgrounds and other shared spaces are filled with rhythm, movement and unspoken languages. Friends communicate through gestures, games create beats and everyday moments become their own kind of poetry. Take in the world around you and transform what you see into art.

1. OBSERVE Choose a communal space (playground, cafeteria, library, hallway, park, etc.) and spend time observing and listening. In the space below, write or draw what you notice. Use the prompts below to help inspire you!



WHAT MOVEMENTS

DO YOU SEE? (gestures, games, how people walk or interact)



WHAT SOUNDS AND RHYTHMS

DO YOU HEAR? (laughter, footsteps, clapping, voices)



WHAT WAS THE VIBE

OF THE SPACE? (busy, quiet, energetic, relaxed, friendly)

2. WRITE Use your observations to create a short poem or rap. Any style works—prose, free form, rhyme. Let the rhythm of what you witnessed guide your words.



3. DANCE Bring your writing to life through movement! Think about how you can use your body to express what you saw, heard and wrote. Inspired by the prompts below, create gestures, rhythms or choreography that capture your observations.



Can you move like something you observed?

What gestures capture the vibe you felt?

How can you show rhythm with your body?

Can you recite your poem while moving?