

Writing for Movement

Movement is healthy for the body *and for the mind*. Healthy movement takes many shapes and can be combined with **proprioception**—your awareness of your body's movement—for increased mindfulness.

Try one of the forms of healthy movement below, and reflect on your experience in writing using the space provided. Be sure to be safe as you move your body!

- *Yoga* - search up a brief, guided yoga video and follow along with the video's instructions. What do you notice happens to your breath and thoughts? What does your body feel like? What might it be like to do yoga daily?
- *A dérive* - The dérive, or walking without external purpose, is a kind of experimental way of engaging with your surroundings. One example of this is walking with arbitrary rules. Come up with an arbitrary rule for a walk and take that walk: Turn every second left; turn right every time you see something blue; turn the opposite direction every five minutes, etcetera. Where does your rule take you? How does your path differ from a usual one? Do your thoughts wander too? Is it tough to follow your rule?
- *Exercise* - Exercise is the practice of pushing the body beyond everyday, casual movement. Do strenuous exercise—running, bodybuilding, soccer, skateboarding, etc.—and write metaphors (comparisons) that describe parts of the experience. What do your legs feel like if you run? What do your arms feel like if you curl a dumbbell? What do you notice about your metaphors?
- *Everyday movement* - Track your movements for up to half an hour, each movement, intentional and automatic. Try to include everything! Do certain movements feel easier or tougher? What's it like paying this much attention to your body?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.