

## GRIEF AUTO IMAGE & GESTURE

### Objectives

- Students will be introduced to the idea of grief
- Students will create a pose and gesture to express their personal connection to the idea of grief in their bodies
- Students will reflect on others' expressions of grief

### Activity

In *Alma*, grief and loss are major themes that come up throughout the play. The playwright Benjamin Benne uses the subject of elephants to speak about family and how they mourn one another and grieve together when they lose one of their own.

In the play, Angel says about elephants:

**“they’re sensitive when it comes to their own kind  
they care for and mourn other elephants  
but they don’t really mix with other animals”**

1. Invite the students to make a semicircle facing outward.
2. Read the following quote from *Winnie-the-Pooh* by A. A. Milne three times. After the third time, count down from 10 to 1 and invite the group to turn into the circle and strike a pose with their body.

**“How lucky I am to have something that makes saying goodbye so hard.”**

3. Ask the students: How does this quote sit in your body? Where are you holding it? How does it feel?
4. While holding their pose, invite the students to add a simple gesture they can repeat.
5. Invite half the room to keep their pose and gesture while the other half relaxes to observe as the audience. Ask the audience: What do you see? What do you wonder?
6. Switch groups and repeat. What do you see? What do you wonder?

In the play <i>Alma</i> , pay attention to how the themes of grief and loss show up throughout.
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