

Confrontation for Introverts: Creative Strategies for Sensing and Expressing

(A Protest Against the Monumental, Performed in Hanover, NH, 2014)

During my senior year in college, I was asked to create a sculpture as big as my size. Wanting to adhere to my belief that expressive power in art should not correlate with its size and in protest against associations with the monumental, I welded a cocoon-shaped cage and stayed inside in silence until released by an audience. Overtime, the atmosphere changed from playful to confused to uncomfortable while the power dynamic shifted from the audience to me. It was then I realized, sometimes subtle interactions could speak the loudest.

That was a moment that shaped my practice and inspired this workshop. This workshop is for times when words fail to express, occasions when formal channels fail to bring closures, and situations when systems fail to acknowledge. This is a workshop for all anxious introverts who feel strongly.

Learning Objectives and Outcome

- Learn about creative and kinesthetic strategies for expressing and sensing
- Use object making to connect body and emotions
- Create new frames of references in understanding our relationship with the body
- Recognize the power in vulnerability and discomfort



(*Popping Boundaries*, Performed in New York, 2018)

Syllabus

1. Introduction (5mins)

- Explain why this workshop, why this approach and my position
- Share previous work
- Show other artists (*List not finalized):
 - Ann Hamilton's *Untitled (body object series, 1984–1993)*
 - He Yunchang's *One Meter Democracy*
 - Jes Fan's *Disposed to Add*
 - Yoko Ono's *Cut Piece*
 - Shaun Leonardo's *Primitive Games*
 - Ani Liu's *Mind Controlled Sperm* or *Mind in the Machine*
 - Kathleen McDermott's *Urban Armor #3: Miss My Face*
- Explain purpose of the workshop: explore new ways to sense and response to our world. There will not be solutions, but perhaps there will be resolutions towards bringing emotional closures

2. Warm-up (5mins, in silence)

- Stretch
- Option 1: Walking Exercises
 - Walk up to a person till there's only a hand's distance
 - Walk up to a person when (Different confrontation scenarios)
- Option 2: Moving object Exercises
 - Move one item from a place to another (different scenarios/emotions)
 - Use different parts of body to move object
- Option 3: Duo Exercise (in pair)
 - Use PVC → Rubber rope → human arms to interact with partner
- Check in with participants

3. Create an appendage (40mins, in silence unless need help)

- Demo of quick prototyping techniques
- Use everyday materials to create an appendage that alters your senses (Could be one that speaks to a confrontational experience)
- Prompts (if needed)
 - Appendage that extends one part of the body
 - Appendage that connects one part of the body to the other
 - Appendage that restricts body movements
 - Appendage that changes your view of vision
 - Appendage that shield you from the environment
 - Appendage that changes how you touch the environment

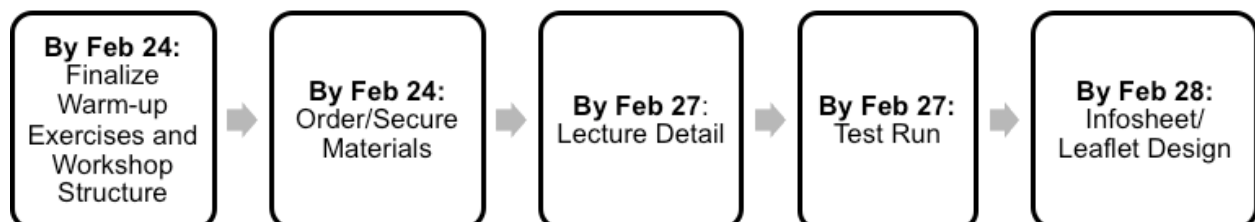
4. Sharing (10mins)

- Repeat one exercise from warm-up (skip if time runs out)
- Debrief, participants sharing

Target Audience

- Introverts who feel/have felt strongly
- Kinesthetic learners
- Young adults/adults who are interested in creative expression

Planning Timeline



Budget Proposal and Material List

Material	Price
Fabric	Free from ITP
Polyester Fill	\$8.99 from JoAnn
Needles and thread	Free from ITP
Cardboard	Free from ITP
Newsprint	Free from ITP
Duct-Tape/Tape	\$6.09
Zip ties	\$7-\$9 (depending on type)
PVC pipes	(May borrow from classmates)
Rubber bands	\$1.87 from Target
Bungee cord (tentative)	\$9
Paper & Pen	Free from ITP
Infosheet with resources and references	Free printing at ITP