**Stimulus Discussion – Starting Points**

**A stimulus can be divided into five categories:**

1. Visual: What we see?
2. Auditory: What we hear?
3. Kinaesthetic: What can we feel? (Including movement of our own bodies)
4. Tactile: What we touch?
5. Ideational: Ideas

**It is a good idea to provide students with different stimulus ideas. This could be in the form of:**

* Audio clip: this could be a song or speech.
* Video: an inspirational video clip - potentially a dance clip that you wish to replicate/be inspired by.
* Image(s): think about colours and lighting.
* Something to touch: texture can be an interesting starting point.
* A single word: it may be that students want to explore the meaning of a word, how it sounds when it is said, the way in which it can be written with the body, the meaning of the word.
* A story: Students may want to illustrate a story that has relevance to them personally, and want to represent this and its themes through movement.

**Generic questions to produce constructive answers:**

* How does it make you feel?
* What does it sound like?
* What does it look like?
* What can you see?
* What does it mean to you, if anything?
* How does the object behave?
* How does it move?
* What does it feel like?
* Describe what you hear
* Describe what you see
* Where is the object, does this influence the object?
* What environment would this object be compatible in?
* State the first five words you think of when seeing the object.
* What emotion would you link to this object?
* What temperature do you think this object would be?
* What is the size of the object, does it vary?
* Does it associate with any colours? If so which?
* Can you use this object and if so how?
* What is the object’s primary purpose?