A New You: Health for Every Body

Supplemental Lesson 1 - Search for the Real

Goals and Objectives:
1. Appreciate human bodies in terms of artistic shapes and forms.
2. Examine body-size diversity issues.
3. Begin to challenge personal size-prejudice beliefs.

Handouts:
- Search for the Real: Quotes from Larry Kirkwood (handout S1:1)
- Beautiful Body Ballet (handout S1:2)
- Quick Thoughts (evaluations folder)

Materials:
- Sign-in Sheet
- Name Tags
- Search for the Real videotape
- Portable stereo and ballet or classical music (optional)
- 2-D and 3-D props (at end of script)
  - print two-dimensional colored shapes on cardstock, cut and laminate
  - print three-dimensional forms on white, cut and tape as directed
- Small white ball
- Flip chart or board and markers or chalk
  (optional: write the WOW on board)
- Television and VCR/DVD
- Extension cords

Outline:
- 5 minutes – Welcome (and Review)
- 15 minutes – Search for the Real video
- 5 minutes – The Shape and Form of Art
- 5 minutes – Physical Activity Break: Name that Activity OR
  Beautiful Body Ballet
- 15 minutes – Kirkwood Quotes
- 2 minutes – Wrap-up

Words of Wisdom: WOW

“And for some odd reason, people don’t accept the fact that we come in a variety of sizes.”

Larry Kirkwood
<table>
<thead>
<tr>
<th>Facilitator Notes</th>
<th>Facilitator’s Message</th>
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<tbody>
<tr>
<td><strong>Sign-In</strong></td>
<td>As participants arrive, have them sign in and pick up their name tags. Play some nice background music.</td>
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<tr>
<td>If this is a stand-alone lesson, conduct welcome as appropriate.</td>
<td><strong>Welcome and Review</strong></td>
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| If you are incorporating this into a series of *A New You* lessons, add appropriate follow-up from previous session and lead-in for the next session. | Welcome to Search for the Real, a session of *A New You: Health for Every Body*.  
*(If this lesson is incorporated into an ongoing *A New You* series, ask the following questions.)*  
As we start our class, I would first like to ask if anyone has any comments or questions since we last met? *(Address any concerns, confusion or comments from previous session evaluations.)*  
How are your goals coming? Would anyone be willing to share news on their goals, accomplishments or barriers?  
Would anyone like to report from the OYOL (On Your Own Learning). |
| ![Search for the Real Video](image) Show entire Search for the Real video. About 11 minutes long. | **Search for the Real Video** |
| Larry Kirkwood is an artist who creates body casts. He utilizes these casts as art forms to show how we, as human beings, really look. Larry visited the University of Wyoming campus in 2002 to display his work.  
This video will give you a glimpse at Larry’s work and his message to search for the real beauty in each person. |
Demonstrate the 2-D and 3-D shapes on one of the following:
* draw a body on the board
* use your body
* have participants use their own bodies, alone or with a partner (a full-length mirror may be helpful)

### 2-D Props
Print circle, square, rectangle and triangle on cardstock. Cut out. Laminate if desired.

### 3-D Props
Follow directions to make a cylinder, cube and cone out of white paper. Find a white ball for the orb shape.

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### The Shape and Form of Art

In the video, Larry talks about seeing the human body as a beautiful work of art. He encourages us not to compare or to label bodies as tall, short, male, female, fat or thin. He tries to help us look for shape and form – an art concept that applies to all bodies.

In a two-dimensional way, we can look at the human body as circles, squares, triangles and rectangles. (*Use the color 2-D shapes.*)

- circle or rounded curves = on head, shoulders, hips, etc.
- square or rectangle = bent elbow, legs, fingers
- triangle = waist to hips, calf to ankle

Our bodies are three-dimensional. The forms of cylinders, cones, cubes and orbs make more sense. (*Use paper shapes and ball.*)

As Larry says, everything is a variation of these shapes. When we look at the human body for shape and form – rather than identifying arm, chest or stomach – we see rounded shapes, cones, and cylinders and the resulting beauty that comes from their placement to each other.
Depending upon your group, choose one of these activities. Name that Activity demonstrates some of the many things we can do with our bodies. Beautiful Body Ballet emphasizes the beauty of our bodies.

For Beautiful Body Ballet, play some soft, gentle music.

Demonstrate the basic moves with the class following your direction. It is recommended you practice these ahead of time.

**Physical Activity Break –**

- Name that Activity
- OR
- Beautiful Body Ballet

**Name that Activity**

Find a partner. You each will act out what I tell you and your partner will guess what you are doing. Then you will switch places.

1) Without speaking, act out something you like to do on the weekends. Now switch so your partner can guess.

2) Act out something you do as a part of your job. Switch.

3) Act out something you would like to learn to do. Switch.

**Beautiful Body Ballet**

Ballet is considered by many as a beautiful form of art. Dancers create images and emotions using their bodies. We are going to learn some basic ballet positions and the demi-plié (dem-ee, plee-ay) using our beautiful bodies.

**Feet:**

The position of the foot is determined by the rotation of the top of the thigh bone in the hip socket. Keep an equal amount of weight on the balls of the feet to keep your feet from rolling forward. The rotation of your feet increases as turnout muscles strengthen.

1 - **First Position**

With your heels touching stand in your best turnout, let your feet melt into the floor to give your dancing secure roots.

2 - **Second Position**

Keep the turnout you established in first position. Separate heels so they are aligned under your shoulders.

**Arms:**

With your feet in the first position, create a preparatory oval with your arms. Frame your well-centered body by letting the tops of your arms settle back in the shoulder sockets. Bring your elbows slightly forward and face palms up, nearly touching fingertips.
Beautiful Body Ballet, continued:

1 - First Position
Lift your preparatory oval so hands are in front of you. Keep the tops of your arms and your shoulders calm and relaxed.

2 - Second Position
Reach your arms out into a generous, open line that slopes slightly down from your shoulders. Keep your elbows loose and your arms gently curved, as if to include the entire audience in a welcoming embrace.

3 - Third Position
Lift your preparatory oval to frame your face. Once again, relax your shoulders as you lift from under your arms. Check that your third fingers softly follow the line of the oval, while your thumbs relax toward them to complement this line.

Demi-Plié
The demi-plié is a basic movement of ballet. It is a half-knee bend that helps to warm up the muscles and promotes suppleness of the knees and ankles. It is done slowly and gently.

- Maintain weight distribution evenly on feet and an upright back.
- To protect the lower back, feel the abdominal muscles lifting as if closing a zipper.
- Keep the knees aligned over the toes.
- Don't bend the knees too sharply, aim for a steady, controlled movement as if a ball were being inflated between the knees.
- Remember – slowly and gently!

Practice:
1 - feet first position, arms first position - demi-plié
2 - feet first position, arms second position - demi-plié
3 - feet first position, arms third position - demi-plié
4 - feet second position, arms first position - demi-plié
5 - feet second position, arms second position - demi-plié
6 - feet second position, arms third position - demi-plié

Try as many of these combinations as fit in time allotted.

Distribute Beautiful Body Ballet.
Discussion of quotes can be done one of several ways depending upon size of the group and time allotted. Two options include the following:

1. Each person has one quote to share. Facilitate whole-class group discussion.

2. Distribute quotes to small groups for discussion.

**Kirkwood Quotes**

The video incorporated many meaningful quotes. Let’s take some time to discuss various interpretations and/or reactions to Larry’s statements.

“We’re letting the beauty industry and corporate America define what reality is.”

“I like to look at this project as the search for the real.”

“[A] woman came up to me and she said, ‘I really need to be in your show . . . Everybody keeps telling me what a good body I have and how lucky I am . . . I have cancer, brain cancer.’”

“[T]hese [body casts] don’t look like people from Vogue. And they didn’t. And neither do the rest of us.”

“Our culture’s obsessed with keeping up appearances. This takes the form of the image. If the image is right, reality doesn’t make any difference. The image becomes reality.”

“We verify this [ideal] image by making all those who don’t fit it invisible. If you don’t see them, they don’t exist – or at least they’re not worth as much.”

“If you’re going to divide people up, doesn’t it really make more sense to divide them into groups of reliable people and unreliable people?”

“As far as society’s perception of the image – if you’re obsessed with it, what that does is that deflects attention away from the real accomplishments as a human being.”

“We’re not much good to ourselves nor to society if we don’t have any self-confidence and, unfortunately, a lot of these advertisements are aimed right at taking your self-confidence away from you so that you’ll buy their products to try and feel better again.”

“Encouraging body hatred is an extremely lucrative business.”

“Advertising is not a slice of reality.”
### Distribute Search for the Real: Quotes from Larry Kirkwood.

**Kirkwood Quotes, continued:**

“Men **wear** a size of clothing, women **are** a size of clothing.”

“And for some odd reason, people don’t accept the fact that we come in a variety of sizes.”

“[T]here are health problems associated with extreme weight. But, on the other hand, it’s true that many larger people are much healthier than untold numbers of very thin people who practice a wide variety of unhealthy practices.”

“I don’t want to look out here and see everybody looking like the same thing. I mean, it’s just that wouldn’t be interesting at all.”

“We need to quit giving other people permission to define who we are and what we’re worth.”

“Lack of equal opportunity is not a gender issue or a race issue, it is a human issue.” (Note: this was not in the video but was part of Larry’s original presentation.)

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<tr>
<td>Distribute <strong>OYOL Labels</strong> for Lesson S1.</td>
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### On Your Own Learning (OYOL)

**Between now and next week:**

1. Notice shape and form elements of various human bodies. Record in your journal what you observe about your own interpretations of these bodies.

2. Share one of quotes from the video with a friend or family member and discuss what it means. Or react to a quote in your journal.

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<th>Distribute evaluations. Collect name tags.</th>
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### Slide 8: Wrap-Up

Thank you for joining our class today. Please complete the evaluations and leave your name tags. We will see you next week.
References and Additional Resources:


To make a cylinder, cut along solid lines. Roll into a cylinder matching the solid line to the dotted line. Tape.
To make a cube, cut on outside lines. Fold on interior lines to form a cube, Tape.
To make a cone, cut on solid lines. Form a cone shape by matching the radius cut to dotted radius line. Tape.
Print in color on card stock. Cut on solid lines and leave flat.
Print in color on card stock. Cut on solid lines and leave flat.