

Embodied Movement: Practicing Intersectionality

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What is Intersectionality?

Intersectionality provides scholars with a theoretical tool to identify and respond to the more nuanced dimensions of privilege and oppression. Kimberle Crenshaw argues that individual experiences within socio-political institutions are complicated by the totality of their identities. Furthermore, intersectional experiences have multiple dimensions.

Practicing Intersectionality: Deeper Conversations

What if we just “bore witness” and “sat with” what we see and hear? What if we simply “took into consideration” the “possibility” of something unfamiliar? Perhaps this might offer a different “view,” a different jumping off point towards engaging in deeper conversations on “being” culturally responsive, on being aware of our intersections.

Practice



Embodied Movement Practice

Proprioception is the ability to sense stimuli arising within the body regarding position, motion, and equilibrium.

“Proprioception is “how we ‘sense ourselves.’”



Practicing Intersectionality

- **Your Single Word Definition**
- **Your Gesture**
- **Your Simple Movement That Incorporates Gesture and Word**
- **Your Final Movement/Gesture**



Embodied Movement

- **BE** – Setting intentions, bearing witness and allowing for the presence of unique qualities to be embodied as well as honoring present knowledge.
- Being culturally responsive acknowledges the legitimacy of the cultural heritages of different ethnic groups and how it affects students' dispositions, attitudes, and approaches to learning.

Embodied Movement

STILL – Body/mind awareness and being in the present moment because we can choose to pay attention, ignore, or focus on something else or on nothing, but “if we are quiet enough to listen, we might hear/learn something essential, essential to ourselves, and the well being of [others].”

- Louise Steinman

Being culturally responsive builds bridges of meaningfulness between home and student experiences as well as between academic abstractions and lived socio-cultural realities.

Embodied Movement

MOVE – Being present in the movement while moving toward stillness and awareness because if “we pay attention to the distractions,” then the flicker of the mind, the distraction of the consciousness, are potential and potent sources of insight.

- Meredith Monk

Being culturally responsive teaches us to know and praise their own and each others' cultural heritages.

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“The practice of a healer, therapist, teacher, or any helping professional should be directed toward his or herself first, because if the helper is unhappy, he or she cannot help many people.”

Thich Nhat Hanh

“We fear encounters in which the other is free to be itself, to speak its own truth, to tell us what we may not wish to hear. Yet, behind their fearful silence, our students want to find their voices even before they are spoken – so that someday they can speak with truth and confidence.”

Parker Palmer

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“To ‘pay attention to your distractions,’ is suggesting that the flicker of the mind, the distraction of our consciousness, are potential and potent sources of insight.”

- Louise Steinman – *The Knowing Body*