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**psychomotricity**





## **Work with skipping ropes**

- Instruction:** Try creating from a jump rope, a picture or creation in front of you on the desktop. Try working with your eyes closed: what reminds you of the material of the skipping rope, its length, color. Try with only one hand, make a knot or a bow on the jump rope or try to fold it into thirds.
- Modification:** Try to create a masterpiece for painters and artists. Try to immerse yourself in the dark and create a work using only a torch.
- Material:** skipping rope, relaxing music
- Reflection:** Try to describe and confront the idea with the result of reality: what was the idea like before creation?
- Did you have a clear goal before or after creating?
  - What was new for you during creation?
  - Were you tempted to open your eyes during the process?
  - What did you learn and what was new for you?
  - Did you perceive sounds, space, material while creating?
- Keywords:** creativity, social experience, material experience, orientation in space.