

# Why Observation?

*Observing **Self**, **Others**, **Space** (SOS)*

Cultivating observation skills can promote health and well being. We use observation to increase our awareness of how external factors can shape how we feel energetically and emotionally... In this practice, we will observe **Self**, **Others**, and **Space**....

By developing awareness of how *physicality* shapes the way we feel, we can notice and adjust how we hold ourselves, how we let others affect us, and how to engage with or change our environments. Practicing observation is a critical component of cultivating curiosity.

*According to the Oxford online dictionary, "**observation** is the action or process of **observing** something or someone in order to gain information". Our **observation skills** inform us about objects, events, attitudes and phenomena using one or more senses.*

**Self:** Opportunities to observe the relationship between the internal & external. The physical shapes, gestures, and postures we make affect emotional states.

**Others:** Observe how other people carry themselves, and how it can affect us. What can we learn about how people are feeling based on how they are holding themselves?

**Space:** Observing how the environment affects us....colors, shapes, noises, textures, etc. How can we find joy in boring spaces? How can we change the environment (even in small ways) to make us feel healthier?

Whether intentional or not, our bodies are always communicating... *I'm excited, I'm tired, I'm uninterested, I'm scared, sad, shy, passionate, silly, etc.*

We invite you to experiment with shifting your focus between self, others, and space to increase awareness of the present moment. You can use this framework as you collect curiosities throughout your everyday lives, but can also use it while exploring theater in the classroom. We recommend practicing the **Walk & Freeze** activity through this lens and in this particular order. What happens when you embody shyness?... Or supreme confidence? Try to take note of the subtle shifts in your breathing and the way you feel. Observe and notice how our postures, shapes, and gestures communicate the way we are feeling.

Reflect with the class on the experience. How can this awareness give you agency to change the way you feel?