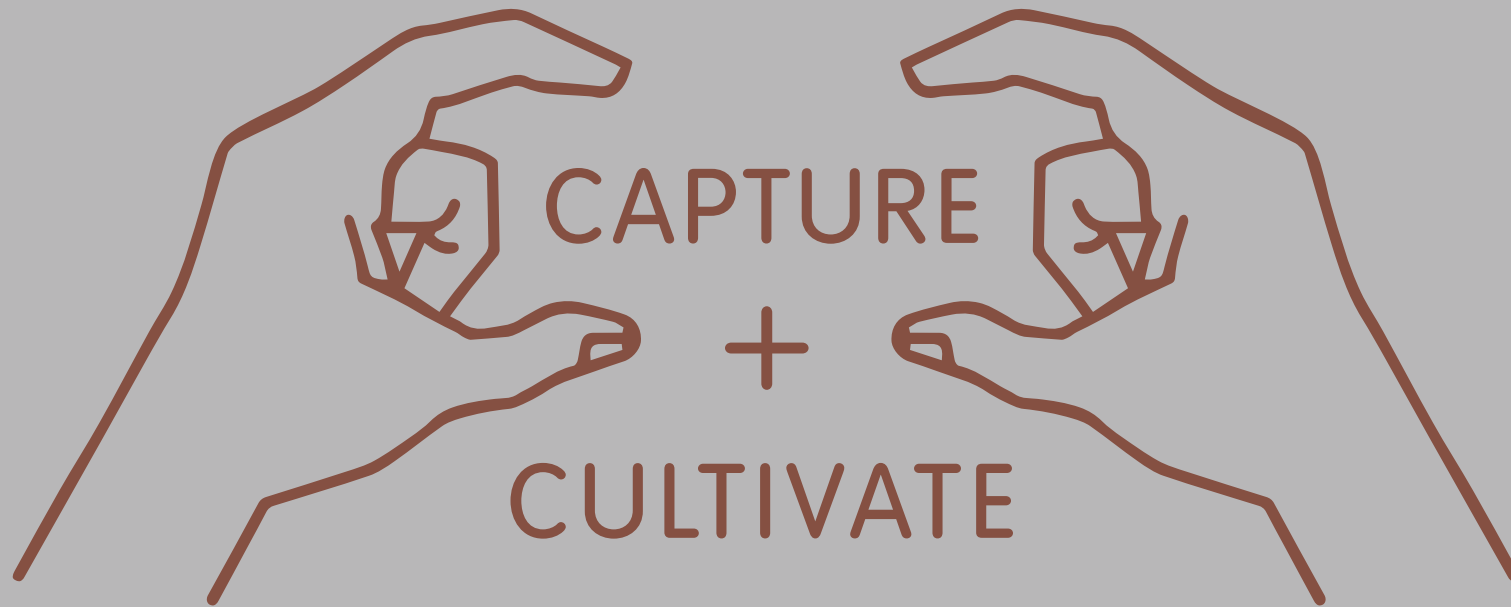

SUPPLEMENT: PROMPTS



TOOL KIT

POV

POINT OF VIEW

1/8

Describe what you are doing.

2/8

Reflect on what your hands and fingers are doing.

3 / 8

Describe why light is important in your activity.

4/8

How are your hands supporting each other
through your actions?

5 / 8

Describe what you are hearing.

6 / 8

Describe what you are doing.
Can you hear yourself breathing?

7/8

Can you notice a rhythm developing?
If not, what is stopping this from happening?

8 / 8

Did you feel a sense of flow?

LHS
LEFT HAND SIDE

1/6

Describe your body position / posture and how you are carrying your weight.

2/6

Explain what you are doing and what decisions you are making through your body.

3 / 6

Describe how you hold or touch your
equipment / materials?

How do you respond to their weight and pressure?

4/6

Describe how you are responding to sounds
and how they inform your making?

5 / 6

What can you tell from your facial expressions?

6 / 6

Are you seeing something and then acting on it?
Or are you feeling something and then acting on it?
Describe.

RHS
RIGHT HAND SIDE

1/6

How is this viewpoint different,
what can and can't you see?

2/6

Describe what you are doing.

3 / 6

Describe what things you are checking on whilst your activity is in progress.

4/6

Does your breathing change?
Does the pace of your actions change?
Describe.

5 / 6

Is everything you are using within your reach?
If so why?
If not, why not?

6 / 6

Briefly describe what this footage shows you that you were not aware of.

