



## ***The Skin I'm In...*** Performance Guide

Using expressive dance accompanied by music, singing, spoken word and student engagement, *The Skin I'm In...* explores the importance of self-awareness, respect for individualism and the understanding that all voices matter! The acclaimed DCDC dancers present an original program that considers how our individual identities actually affect change throughout culture and society.

### **This guide is divided into three parts:**

- **Before the Show:** Learn more about Dayton Contemporary Dance Company
- **During the Show:** Listen for quotes by historical and famous authors that relate to individuality, tolerance, self-acceptance and empathy
- **After the Show:**
  - ❖ Reflect on your arts experience using Eight Key Questions
  - ❖ Dive deeper into the importance of individuality and how it affects society

# BEFORE THE SHOW:

## Meet the Artists

**Dayton Contemporary Dance Company** was founded in 1968 to create performance opportunities for dancers of color. Five decades later, the 10th largest modern contemporary dance company in the nation remains rooted in the African American experience and committed to the development of diverse movement artists on the global stage.



**DCDC<sub>2</sub>** is an elite cohort of early career performing dance artists comprised of recent graduate and undergraduate dance students, created to engage a new generation of performing artists and prepare them for success in a new and exciting arts ecosystem. DCDC<sub>2</sub> engages school communities in dance performances every year.

**2022-2023 Dance Artists:** Ariana Alvarado, Kaylah Alexander, Taylor Arrington, Janae Broadnax, Neviah Dallas, Brooke Gist, Gelline Guevarra, Grace Harper, Alexandria Kindard, Lasana Murphy, Natalie Nagy, Megan Steinberger **Director Assistant:** Sierra McCurtis



Director of Education and Outreach Services / Director of DCDC<sub>2</sub> **Shonna Hickman-Matlock** has taught, performed and choreographed modern dance works, plus developed education and outreach programs for three and a half decades. Under her leadership, numerous dance artists have transitioned into DCDC's main company and other professional dance companies. She was a principal dancer with DCDC from 1983 to 1995.



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## Think and Reflect

Respect and acceptance of individual differences can positively change lives and communities. Visualize a world at peace without division, cultural bias, and judgement to create a harmonious and productive society.

What are the roles schools, institutions, and government as well as individuals have in shaping an inclusive culture?

Identify ways that you can contribute to this vision.

## DURING THE SHOW:

Listen carefully to the narration for quotes by historical figures and authors about individuality, tolerance, and self-acceptance.

### *Individuality*

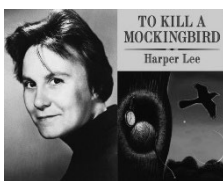
**“Who loses his individuality, loses all.”**



**Mahatma Gandhi** – an Indian lawyer, anti-colonial nationalist and political ethicist who employed nonviolent resistance to lead the successful campaign for India's independence from British rule, and to later inspire movements for civil rights and freedom across the world

### *Tolerance*

**“You never really understand a person until you consider things from his point of view... Until you climb inside of his skin and walk around in it.”**



**Harper Lee** – an American novelist best known for her 1960 novel *To Kill a Mockingbird*

### *Self-Acceptance*

**“If you are always trying to be normal like everyone else you will never know how amazing you can be.”**



**Maya Angelou** – an American memoirist, popular poet, and civil rights activist

### *Empathy*

**“Empathy has no script. There is no right way or wrong way to do it. It’s simply listening, holding space, withholding judgment, emotionally connecting, and communicating that incredibly healing message of ‘You’re not alone.’”**



**Brené Brown** – an American professor, lecturer, author, and podcast host. Brown is known for her research on shame, vulnerability, and leadership, and for her widely viewed TEDx talk in 2010

**“Be an ally not an enemy; treat others how you want to be treated; with compassion and empathy. Alone we can do so little; together we can do so much.”**



**Helen Keller** – an American author, disability rights advocate, political activist and lecturer

## AFTER THE SHOW:

### Identify

The performance narrative speaks about a self-checklist that requires a person to identify ways they can be responsible for their social emotional learning in the five core areas of self-awareness, self-management, social-awareness, relationship skills and responsible decision making.

Can you identify other ways to:

- take responsibility for becoming more socially and emotionally aware,
- manage your emotions,
- make responsible decisions,
- set goals,
- feel empathy and tolerance for others, and
- be accepting of other’s individuality?

### Reflection

#### Key Questions

1. In what ways did this program’s narrative and movement interpretation affect you?
2. What parts of the program could you relate to and why?
3. Why does individuality matter?
4. What are your unique qualities that contribute to your individuality?
5. Does how you feel about yourself affect your self-confidence and your ability to learn?
6. Are you comfortable in your skin?
7. Are there parts of your identity you felt you had to conceal?
8. What changes are you going to make regarding embracing your individuality?

# FLIP IT ON FLIP

Now that you've explored the importance of individuality and embracing differences with *The Skin I'm In...* tell us why your individuality will make a difference in the world! Join us at [www.flip.com](http://www.flip.com) using the **join code 57d81f75** and the **guest password muse123!**. Your response will be shared only with Muse Machine. We may like your response well enough to share it, but we will ask your teacher for permission first.

## Self-Identity



Ralph Waldo Emerson stated, “To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment.”

Denying who we are to fit someone else’s standard diminishes our sense of self-worth. It affects our society in negative ways like promoting social injustice, bullying, a decline in people’s emotional and mental well-being, and limits our ability to understand our place in the world. It is important to allow yourself and others to walk freely in their own skin and embrace individual identities.

Watch the video called “SEL Video Lesson of the Week: Self-Identity,” think about the Muse Machine performance *The Skin I’m In...* presented by DCDC. Then answer:

**Name 2-3 reasons why YOU are important. Why is it important to have confidence in who you are? How is your identity connected to your life purpose, and how will you use it to inspire others?**

### Attachments

- SEL Video Lesson of the Week: Self-Identity  
<https://www.youtube.com/watch?v=79Hnuojloyw>