Lesson 1: Creating a Safe Space for Creativity
Empire State Creates: Teaching Artist-Led Activities for Everyone

Project Title: The Emboldened Voice Project  
Age(s): Adult  
Time: 20-30 minutes  
Arts Discipline: Music, Creative Process

<table>
<thead>
<tr>
<th>ACTIVITY AT A GLANCE</th>
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<tbody>
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<td><strong>Goal(s):</strong></td>
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| ● Develop an inner sanctuary for creative practice  
● Identify physical responses to various emotional experiences  
● Learn techniques to open to inner awareness and intuition |
| **Materials:**  
Computer with Audio/Video Playback  
Paper, Pen/Pencil |
| **New Word(s)**  
Sanctuary - A place of refuge |
| **NYS Arts Learning Standards (select no more than 2 - student audiences only)** |

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<thead>
<tr>
<th>STEPS</th>
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<tr>
<td><strong>Step #1</strong></td>
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<td>Find a space where you are comfortable to make sound and move around, and where you will be undisturbed for the lesson</td>
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<td><strong>Step #2</strong></td>
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| ● Play Lesson 1.1. A Sanctuary for Creative Practice  
Take as much time as you need between sections of this lesson, and come back to this practice whenever you like. |
### Step #3
- Play Lesson 1.2 *Expressive Breath Practice*
  
  Take as much time as you need between sections of this lesson, and come back to this practice whenever you like.

### Step #4
- Take out paper and a pen/pencil
- Listen to Lesson 1.3 *Environment and Creativity*
- Complete *Environment and Creativity* reflection free-writing assignment

### Step #5
- Listen to Lesson 1.4 *Moment of Intention*

**Activity Modifications (as needed):** Any activity given should be modified as best suits you. Anything standing can be done sitting down. Breath/Speak/Sing as you are comfortable. Even imagining a sound can be effective.