1. Have students write a week’s worth of reflections in order to begin/introduce students to the notion of “reflecting daily” on their work in dance class and their learning process as they learn choreography for the upcoming production.

2. Review students’ reflections in order to determine consistent problems that may occur, etc.

3. Teacher acknowledges the problem each student has “identified.” Then the teacher videotapes the “problem” as it is currently being performed.

4. *Pose the Question:* Have students write a question, or have the teacher write the question for them, regarding their specific problem. Be sure to use questions that will engage students in divergent thinking. Divergent questions should begin with: Imagine, suppose, predict, If…then, how might… can you create, what are some possible consequences… etc.

5. Once they have decided on a question, have students write/document their process for solving their specific problem.

6. Students will then share their responses with the group and “re-enact” or demonstrate their problem solving process and the solution for videotaping.

7. Have students perform/demonstrate their revised movement/performance problem showing their use of energy/dynamics OR improvement in the mechanics of the movement, in their performance of dance.

8. Teacher gives feedback on the students’ processes. Students then revise their movement/performance challenge. Students and teachers discuss how they will apply this newly acquired knowledge in dance performances and/or other areas of their lives.