

# Emotion Devotion:

## Be One With a Bag

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### Time

60 minutes

### Supplies

Pen or pencil, paper, a plastic grocery bag

### Balance

For this act, we're going to experiment with balancing an object (a grocery bag), pay close attention to the experience, and write from it. First, begin by flattening the plastic grocery bag out in front of you so you can see both handles. Pick it up with your thumb and pointer finger by a bottom corner, and with the handles facing down, smooth the bag with downward strokes using your other hand. Take the point you are holding with your thumb and pointer finger, and place it the center of your opposite palm. The handles of the bag will be at the top. Let go and look up at the handles of the bag. You may have to move and make little adjustments with your body at first to keep the bag balanced on your hand as you find its center of gravity (the bag will open a little, too). Practice. Try, fail, and try again.

### Write

As you practice balancing, pay close attention to how the bag looks, moves, how it sounds, and any other sensory input the experience is giving you. What emotions are in this experience? What can you compare it to? Stop and write down your ideas.

What quality does this object have that you wish you had right now?

You can craft your notes into a short poem, use them as an image in a story, or create a spoken word and dance/bag balance act.

### Share Your Discoveries & Reflect

Want to share your thoughts and creations? Add your findings to the Forum, where you'll connect with others who have explored and shared.