

Mik Kuhlman

(206) 271-5167

mik@mikkuhlman.com

Performing Arts – Physical Theatre

Residencies Offered:

CLOWN, MASK, MIME, IMPROVISATION, ENSEMBLE BUILDING: Foundational learning for theatre, dance, circus and improvisation. This residency is designed for all ages and specializes in engaging the body in creative expression and instilling self-confidence, team-work and empathy. Can be an overview or designed with an emphasis on one particular discipline to enhance a performance class or as a break from specific subject learning to develop positive classroom dynamics and interactions.

PHYSICAL THEATER AND CORE CURRICULUM STUDIES: Focus on adding physicality to curriculum-based subjects using techniques mentioned above for social studies, history, science, writing, languages etc. Mik is adept at translating text book learning into physical hands on approaches to enhance learning in specific subject matters.

I am also interested in developing a **health and wellness residency**, perhaps exploring something as specific as the digestive systems, reproductive systems or a unit on the senses. If you have the interest, I have the imagination and together we can formulate our approach. And of course, am open to any other subjects with which educators would like to experiment.

Preferred Age/Grade Levels: K-12

Supplies, Time and Space Considerations:

20-40 hours depending on the subject.

Teaching and Experience:

Mik Kuhlman has over 25 years professional experience as an actress, performance artist and teacher. She has successfully collaborated with classroom teachers at Chautauqua, McMurray and VHS as well as private schools on Vashon including The Harbor School, UMO School of Physical Arts, and Homestead. For nine years she has also offered summer camps in physical theatre (Camp Mik) at Hanna Barn Studios.

Artist Statement:

I love children. I love Vashon and consider it home no matter where else my work takes me. I love the arts and find theatre to be a gateway to a number of foundational learning skills including: self-awareness and confidence, balance, teamwork, empathy, physicality and creativity. I believe in the uniqueness of each individual child and encourage expression and celebration of their differences. I collaborate with teachers to adapt lessons into physical metaphors for a deeper learning and understanding of the material presented. I believe in the health and well being of our island youth and innovative nature of our teachers when given resources and time to experiment and reimagine. I combine my years dedicated to the arts in theatre, dance, circus and improvisation with the academic knowledge of my teaching partner to bring out the most shy and most skilled students into one fun physical playing field embodying all of us.