

## **EMBODIED MEDIA ENCOUNTERS**

*This exercise was devised by Dayna McLeod. It was commissioned by 'Embodying the Video Essay' workshop hosted at Bowdoin College, July 2023, a collaboration between The University of British Columbia, Bowdoin College, University of Leeds, University of Rochester, and the University of St. Andrews, which was funded by a Social Sciences and Humanities Research Council of Canada (SSHRC) Connection grant.*

### **Prompt**

How is your media object embodied? How might you encounter/work with/respond to this embodiment? What does this look like onscreen? Select an excerpt or excerpts from your media object(s) and manipulate your media in a way that showcases how it is embodied. Use any methods and techniques of production and post-production at your disposal. Work in groups of 3 if needed for consulting, recording and other helping.

### **Consider**

How does focusing on the embodiment of your object change your perspective of it?

What does this look and sound like onscreen?

What is the relationship between your embodiment as a video essayist and your media object's embodiment?

Where/how/who are you in relation to this embodiment? Do you position yourself within, outside of, or near the frame and or soundtrack?

If you refuse to consider the embodiment of your media object, what aspect of embodiment will you work with today?

### **Restrictions**

30 seconds to 1-minute.

Use any video essay techniques at your disposal and based on your experience.