



SHERBORN

Veronica Sherborne and Rudolf Laban.



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Veronica? 1922-1990

- She was a teacher of physical education
- She was inspired by Rudolf Laban > Founder of Dance expression
- She had many years of experience with children and that is why she has written this system down.
- Now her methode (Sherborne) is used on different fields: disabled persons, elderly people, at nursery school, ...

Rudolf Laban

- LABAN had 5 highlights in his work (dance-expression):
 - Give safety
 - Create freedom
 - Give positive feedback
 - Invite everyone but don't push them
 - And give an overview: (why are we doing this?)
- From this 5 highlights Veronica created Sherborn!

Her view!

- Through her experience of teaching and observing human movement, and of learning through trial and error, she came to the conclusion that all children have two basic needs:
 - they need to feel at home in their own bodies and so to gain mastery
 - and they need to be able to form relationships.

(Veronica Sherborne, 1990)

Her highlights!₍₁₎

- Personality can be promoted when you concentrate on 3 aspects in your excercises:

Her highlights! ₍₂₎

- The child **must** learn how his/her **body** works, so that they feel better in their body
- A child must discover the **space**: personal and general/total
- Finally a child needs to learn to make contact with other persons > **relations** with and against each other

The Biggest accent!

Trust

What is sherborn?

- activities where children or other people learn how to go into relation with each other and where they learn to use their own body/mind in a right way.
- is based on easy methods/exercises so everyone can do them.

Practical part!

- Combinatie of **relaxation** and **sherborn**.
- **MAIN** accent: **RESPECT** each other so you can learn to **TRUST!!!!**

Further reading

<http://sherborne-association-uk.com>

<http://www.sherbornemovement.org>

Veronika Sherborne. Developmental Movement for Children. Worth Publishing, 2001

Cyndi Hill. Communication through Movement: Sherborne Developmental Movement Towards a Broadening Perspective. Sunfield Publications, 2006

Elizabeth Marsden and Jo Eggerton. Moving with Research, Evidence-Based Practice in Sherborne Developmental Movement. Sunfield Publications – Clent, 2007

Rudolf Laban and F.C.Lawrence. Effort: Economy of Human Movement, MacDonald and Evans, 1974