

Inter-Viewing/Feeling Coffee Motions

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Drinking coffee involves many motions such as grinding, pouring, stirring, reaching, grabbing, holding, cradling, and caressing. The purpose of this inter-view/feel activity is to become aware of our coffee drinking signatures, as in the particular ways we have a coffee, and the meanings our coffee drinking motions hold.

Let's partner up and engage in a motion-sensing inter-view/feel with someone who has completed the "Coffee Savouring Activity". Share your written descriptions. Then ask inter-view/feel questions about the motions that are mentioned or inferred. Zero in on a moment where particular bodily actions and/or interactions are highlighted. The goal is to see and feel into your partner's experience as if you were living it.

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- Read your partner's written description of their "Coffee Savouring Activity".
- Ask your partner which part of their description stood out as being pivotal and particularly meaningful. Ask for this moment to be described in more detail.
- Dig into the inherent bodily actions and/or interactions within this moment.
- With the assistance of the Function2Flow prompts in the table below, gather enough motion-sensing detail of this moment that will afford opportunity to 'try on' this moment as if you could be the other person drinking coffee.
- Afterwards, 'write up' this coffee moment in a first person vignette. Read your description back to your partner and ask if it feels right.



Interdisciplinary Function2Flow Prompts for Reflection

InterActive Function

Actions

What action or motion is key to the coffee drinking moment?

InterActive Form

Shapes

Describe the posture, positional angles, and gestural shape of this motion.

InterActive Feeling

Sensations

Describe the amplitude, direction, force, and timing of this motion.

InterActive Flow

Connections

Describe the synergistic sensations that emerge in this motion.