



Projecci STAR



Founded by:

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Empowering stuttering children to
communicate through movement

20
22



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01 Project Overview

MOTIVATION

Growing up, I have stuttered from time to time, but never paid much attention to it. However, when I began to recognize that I was unable to speak as fluently as my peers, I started to become insecure and embarrassed of my speaking skills. Since stuttering is an invisible disorder, all I would do is try to hide it. I would not raise my hand in class, I avoided my family and friends, and I was afraid to take leadership positions. Although now I frequently challenge myself to step out of my comfort zone, I could not have done it without the right mentality and the right people to support me every step of the way. This is both my vision and motivation for Project STAR. Where everyone can be comfortable and stay true to themselves.

PURPOSE

After early school age, children with stutters will experience more frequent speech disfluencies, and when they become aware of it as it is pointed out, this results in frustration at oneself, anxiety and embarrassment of speaking, and fear of speaking situations.

The project is about engaging children of different ages from 8 to 10 with persistent stutters in Tokyo, Japan to provide an opportunity to express themselves through movement in workshops.

Aiming to create a supportive-safe space that supports the re-connection within oneself physically and mentally and gaining confidence, the solution will mainly focus on the urgent need for a judgment-free and fun method for youngsters to express their feelings and hardships caused by speech disfluencies.

GOALS

1. Conduct around 15 workshop sessions in total, with 2-3 workshops conducted partners outside of Japan.
2. Develop educational resources on stuttering and a step-to-step guide to organizing workshops, to publish on the official website.
3. Gather and train a community of 15 people as core team members who will facilitate the workshops.
4. Develop a website for resources, donations, an event schedule, partnership registration, and a documentary video about the journey of the project.



02 About Stuttering

Stuttering is a speech disorder involving interruptions in speech through repetition or prologation of sounds, syllables, or words. Despite the individual knowing exactly what to say, stuttering causes disfluencies in their speech and disrupts the flow, making it difficult to communicate with others. ¹

70 million people in the world stutter, while 5% of children go through a period of stuttering. Most children begin stuttering between the ages of 2 and 5, however, 80% of young children who stutter eventually stop stuttering without any treatment. Those who continue to stutter into school-age are likely to continue stuttering throughout their lives. ²

If left untreated, children's self esteem and confidence may decrease when they realize their speech skills do not match their peers, which may result in bullying and eventually cause their quality of life and interpersonal relationships to deteriorate. ³

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1. National Institute on Deafness and Other Communication Disorders. (2017, March 6). What Is Stuttering? Diagnosis & Treatment | NIDCD. Retrieved from National Institute on Deafness and Other Communication Disorders: <https://www.nidcd.nih.gov/health/stuttering>

2. DoSomething.org. (n.d.). 11 Facts About Stuttering . Retrieved from DoSomething.org: <https://www.dosomething.org/facts/11-facts-about-stuttering>

3. Kid Sense. (n.d.). Stuttering - Kid Sense Child Development. Retrieved from Kid Sense: <https://childdevelopment.com.au/areas-of-concern/diagnoses/stuttering/>



02

Contact Improvisation

Founded in 1972 by Steve Paxton, Contact Improvisation is a form of dance which focuses on the physical principles of touch, momentum, shared weight, and following a shared point of contact. Honoring every moment, contact improvisation explores the skills of falling, rolling, lifting ourselves, and responsiveness to partners and surroundings, and has therapeutic effects on those who practice it.³

Therapeutic benefits of dance includes stimulation of neurons when executing muscle-specific movements, and contact improvisation can address several psychosocial and physiological aspects which increases quality of life as it honors the universal human need for connection, well-being, intimacy and community participation.⁴



"When Body, Mind, and Spirit are united in their instinctive wisdom one finds ones-self at home in every moment expressing ones true nature."

- Moti Zemelman

3. What is contact improvisation? (contactimprov.com)

4. Contact Improvisational Dance As A Therapeutic Intervention In Occupational Therapy Treatment Of Geriatric Populations(contactquarterly.com)



03

Project Roadmap

NOVEMBER

Begin Project & Workshops

DECEMBER

Develop Partners Overseas

JANUARY

Fundraising Event and Develop
Educational Resources

APRIL

Develop Website and
Documentary

JUNE

Publish documentary and all educational
resources on the website
Closing

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04

Workshop Schedule

10:00

Welcome & Introductions

Getting to know each other through "The Talking Circle"

10:20

Introduction to Dance

Warm up & Stretching

Icebreaking through "Freestyle Circle" and "Hello It's Me" Activity

11:00

Mastering the Basics

Practicing the basics of contact improv through a simple routine

12:00

Lunch Break

Eating lunch, resting, and stretching

13:00

Choreography

Splitting into groups

Step-by-step guide of dance choreography

Individual and group practice

15:00

Final Presentations & Farewells

Each group performs the choreography

Reflection time

Goodbyes

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05 Partnerships & Contact Info

WAYS TO SUPPORT US!

- Donate
 - Help us fund our activities!
- Volunteer/Join Us!
 - Join our core team
 - Help facilitate the workshops
- Become a Partner
 - Create a sub-branch of Project STAR in your community/organization!
 - Help us in our day-to-day operations!

MEET OUR TEAM!



Feiru Ma



Founder
Choreographer
Workshop Facilitator



Yebin Lee



Social Media
Communications
Workshop Facilitator



Miho Asaoka



Choreographer
Workshop Facilitator



Andrew Wang



IT Specialist



Isara Moriya



Nagano Branch Director
Choreography Assistant



Thank You

Stay connected with us!



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