

MOVEMENT ACTIVITY 1

Goal: To get the children moving, demonstrate that dance is a way to communicate, and show how modern dance differs from other forms of dance.

COPY BENDO POSES AND THUMB TOY MOVEMENTS

1. Ask the children to try out the thumb toys, then try to imitate the action.
2. Take turns arranging the Bendos into poses and trying to mimic the positions.

MOVEMENT ACTIVITY 2

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USE DANCE TO EXPRESS EMOTIONS

1. Brainstorm different feelings with children. As a group, choose one feeling. Ask children to pretend they have that feeling and move as if they felt like that.
2. Divide children into two groups. Have one group act out a feeling and ask the second group to identify that feeling. Switch.
3. Play music with a particular mood (light and happy, slow and sad), and ask children to move like the sound of the music.

MOVEMENT ACTIVITY 3

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CREATE ABSTRACT SHAPES THROUGH MOVEMENT

1. Talk with children about using their bodies to make shapes. Have them take a few turns making low (crouching down to the floor), middle (slightly bent over), and high (standing up, stretching, tiptoe) shapes with their bodies.
2. Try to make shapes that are recognizable, like letters or numbers. Spell out a word.
3. Play music, stopping the music unexpectedly and repeatedly, and ask children to "freeze" in one of their interesting shapes.

MOVEMENT ACTIVITY 4

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MOVEMENT USING SCARVES

1. Play music with a variety of moods and tempos, and have children listen carefully and express their feelings through movement.
2. Encourage children to make shapes with their bodies and scarves while listening to music.

MOVEMENT ACTIVITY 5

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CREATE A DANCE

1. Talk about dance as *movement*, not as *dance*. Help students create a movement piece from ideas, rather than traditional dance steps, using words like *slip, slide, push, pull, reach, drop, encompass, and surround*.
2. Generate other words with students, from their experiences or classroom work, and use them to develop a movement sequence.

MOVEMENT ACTIVITIES

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FOLLOW UP DISCUSSION

Ask children to name some styles of dance. Describe how some kinds of dance, such as ballet or tap, have rules or conventions that dancers follow, such as dancing on toe shoes or tap shoes, but modern dance is often different. Modern dancers usually dance with bare feet and don't follow strict rules of dancing. Explain that the dancer is an artist who wants to tell you something by moving, rather than with words. "Dancers use their bodies as their voices."

HAVE FUN!