

DANCE IDEAS FOR THE BREAK

March 17th, 2020

Greetings, parents and students! I know this sudden school closure has us all a bit confused and scattered, but I'm hoping that this list of dance/movement ideas can help encourage some creativity, healthy distraction, physical health, and overall well-being as we try to get through this difficult time together.

At-home Movement Games/Explorations:

- 1) **FREEZE DANCE:** Every student of mine knows exactly how this game works! Put on some fun music and dance to your heart's content! When the music stops, you freeze. And if you recall, Miss Corinne usually encourages you to use all your levels (high, medium, low) and every part of your body while you dance. Make the game interesting by adding fun rules, like specifying the type of freeze after every round (high, stretching shape or low, twisted shape or upside-down shape. Be creative!) You can also play with the quality of your movement every time you dance. Maybe one round you try to dance the *opposite* quality of movement than the music suggests (for example, if you're playing a really fast, upbeat song, maybe you try to dance in a slow, liquid way). The options are endless!
- 2) **DANCE OBSTACLE COURSE:** Using whatever supplies you have (books, shoes, chairs, balls, paper, etc.), create a fun obstacle course either in the house in an open area or outside if you have the option. An example could be: Start in an upside-down shape, skip from one shoe to the next, leap over the ball, spiral to the chair, jump 8x around the chair, weave in a floating way through the scattered papers, then finish in a frozen balance. Again, the options are ENDLESS!
- 3) **CREATE A NAME SOLO:** "Write" your name using your body. Maybe assign letters to various body parts (trace the letter "C" with your head, trace the letter "O" with your leg, trace the letter "R" with your hips, etc.) or mix it up between tracing letters with body parts, dancing the pathways of letters with different kinds of movement (for example, gallop the pathway of the letter "l") and making actual letter shapes with your body. Exaggerate the size of letters you're dancing. Connect them into a fluid dance sequence (like cursive writing) or keep them rhythmic and sharp (like print writing). Maybe even try teaching it to a brother, a sister, or a parent!
- 4) **LOCOMOTOR FUN:** Practice your skips, gallops, slides, leaps, hops (on one foot), and jumps (on two feet) in fun pathways, either inside or outside. Try challenging sequences, like 4 skips, 4 gallops, 4 hops in a circle, 1 big leap on a diagonal. Make up 5 different sequences and set them to music.
- 5) **STORY DANCE:** Find a storybook that you like (or even better, one you've made up!) and try to create a dance to go with it. It can be as literal or abstract as you want. Include props. Add music. Let the creativity EXPLODE!
- 6) **CHANCE DANCE:** Make a list of "spicy" action words (like *erupt, ripple, melt, spiral, crumble, sway, electrify, sizzle, flow, plummet*, etc.) and place each word on a small piece of paper. Fold the pieces of paper up and put them in a bowl or jar. Mix them up (make sure you can't see any of the words) and randomly select 4-5 pieces of paper. Create a dance using the words you picked.

I hope these inspire some creativity and help you feel excited about moving! It's so important to stay physically active, no matter how you choose to do it. You can create an outdoor scavenger hunt, take your dog on a long walk, do relay races with either running OR dance moves, ride your bike/scooter, hula hoop, review the yoga poses we've worked on, jump rope, learn a fun dance off Youtube, and just play, play, PLAY!!!!

Parents, please don't hesitate to email me (Corinne.penka@slcschools.org) with any additional questions/ideas. I'm here to help ease this transition and keep dance/movement alive in all your children's lives. I'm also planning on creating a website with some short videos of me leading movement combinations that I've done in class with my students. I'll also try to offer fun movement prompts and share a music playlist of some of my FAVORITE songs I use in dance class. It will be quite the eclectic playlist, with lots of genres to choose from 😊

Love and Light, Miss Corinne