

We're learning about...

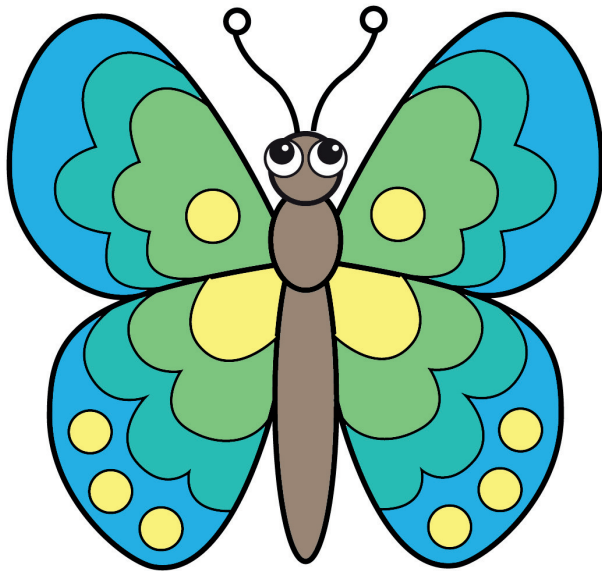
GENERAL Space

Locomotor Movements

Walk	Run	Leap
Gallop	Slide	Jump

PLACE

When we dance, we can dance on our spot (SELF Space) or all around the room (GENERAL Space).



Reflection:

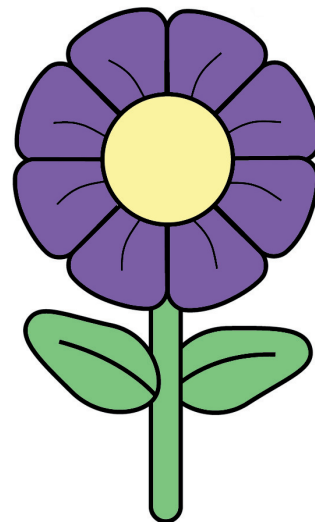
Ask me to show you the non-locomotor movements below. Now ask me if I can do those movements all around the room.

"Can you do it? Let me see!"

SELF Space

NON-Locomotor Movements

Sway	Bend	Reach
Stretch	Shake	Grow



Explore at Home:

While in the car, think of some movements you can do while sitting.

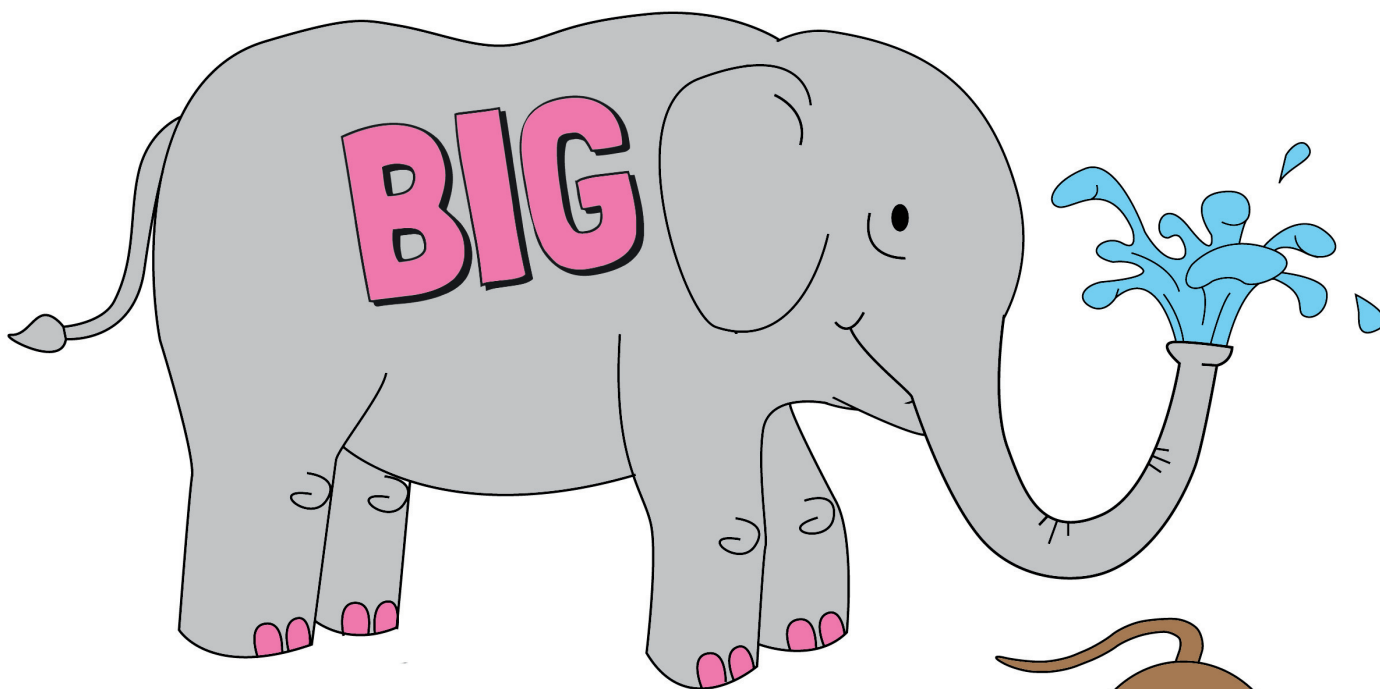
Can you stretch your arms? Shake your legs? Bounce your shoulders? Wiggle your fingers?

Instead of walking from place to place, try exploring new and creative ways to get from one spot to the next.

We're learning about...

When dancing, we can move **BIG** like an elephant or we can move **SMALL** like a mouse.

SIZE



Reflection:

Ask me to make a shape as big as an elephant.
Ask me to make a shape as small as a mouse.

Explore at Home:

When you're watching your favorite movie together, curl up into a small shape or spread out into a big shape.

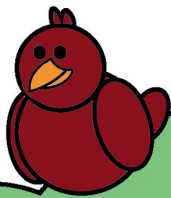


We're learning about...

We can dance on three different levels.

LEVEL

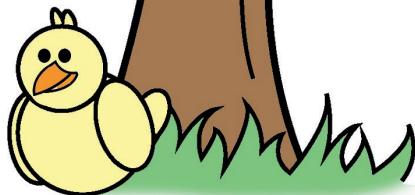
High



Middle



Low



Reflection:

Ask me to make a big shape on a low level.

How about making a small shape on a high level?

Explore at Home:

Explore different ways to travel through space on each level. Incorporate different sizes in your explorations.

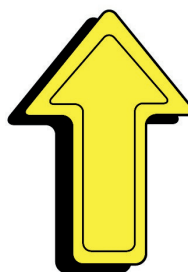
We're learning about...

DIRECTIONS

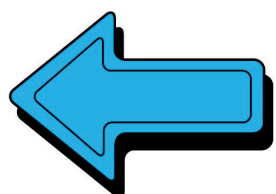
Reflection:

Ask me to make a shape with all my body parts reaching down?
How about a shape with all my body parts reaching forward?

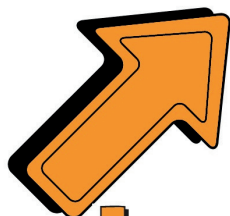
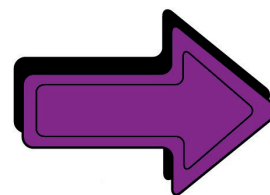
UP



We can dance in six directions!

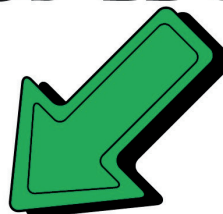


Sideways

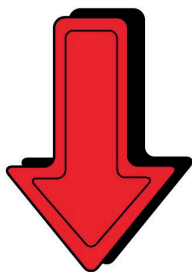


Backward

Forward



Down



Explore at Home:

Explore different locomotor movements (walking, running, sliding, jumping, galloping...) in all directions.

We're learning about...

PATHWAYS

When we dance,
our bodies move
in different pathways.

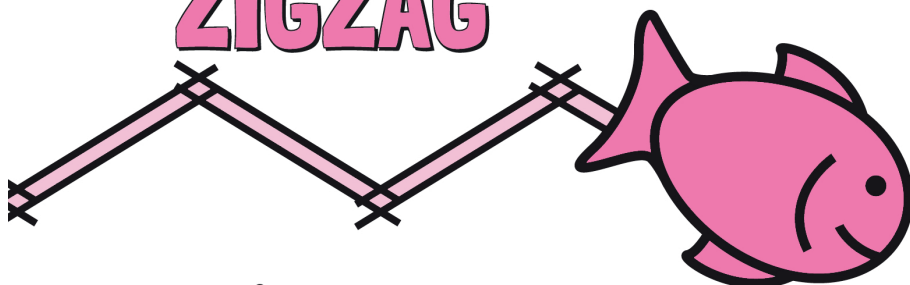
STRAIGHT



CURVY



ZIGZAG



Reflection:

Ask me to "paint" a straight pathway with my foot. How about a curvy pathway with my head or a zigzag pathway with my elbow?

Explore at Home:

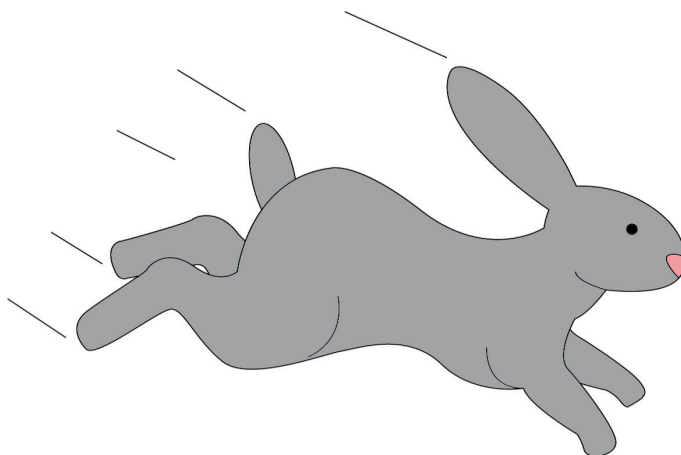
Next time you are walking with one another, explore walking in different pathways. Can you do it backwards? What about sideways?

We're learning about...

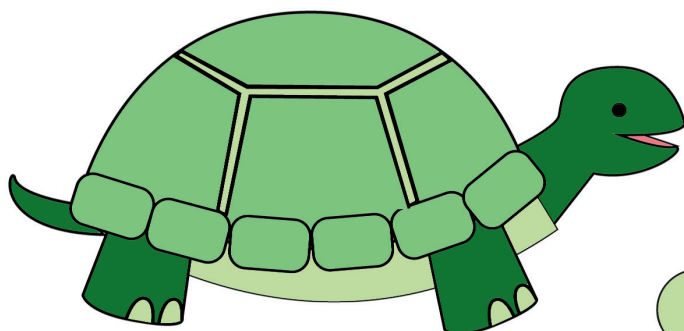
SPEED

When we dance, we can dance FAST or SLOW.

FAST



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S
H



SLOW

Reflection:

Ask your dancer-
Can you jump really fast?
Can you jump slowly?

Explore at Home:

Add speed to your everyday life.
How fast can you make your bed?
How slow can you walk up the stairs? Explore the extremities of speed and make your daily activities more exciting.

We're learning about...

ENERGY

When we dance we can move with SHARP energy like fireworks bursting in the sky or we can move with SMOOTH energy like ice cream melting on a hot day.



SHARP

SMOOTH

Reflection:

Ask me if the following movement words are SMOOTH or SHARP movements: Float, Kick, Sway, Poke, Stretch, Punch, ETC.

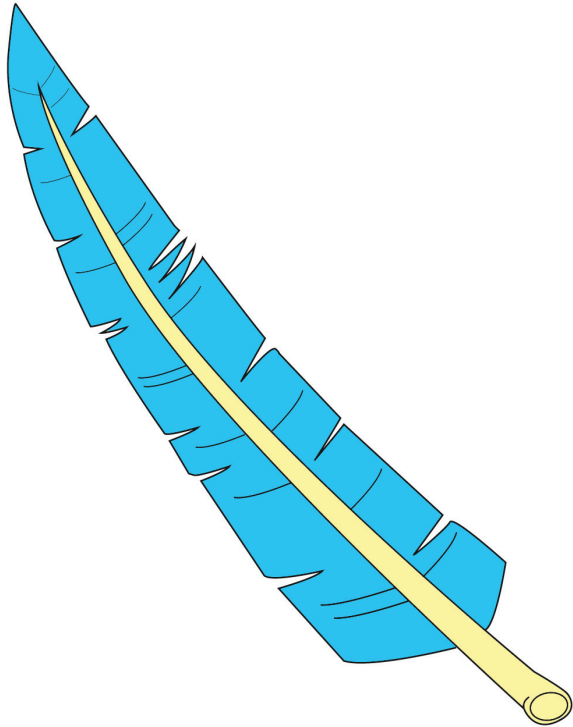
Explore at Home:

Can you think of other ways to move smoothly and sharply? Take some time together to explore different qualities of movement.

We're learning about...

When we dance, our movement
can be LIGHT or STRONG.

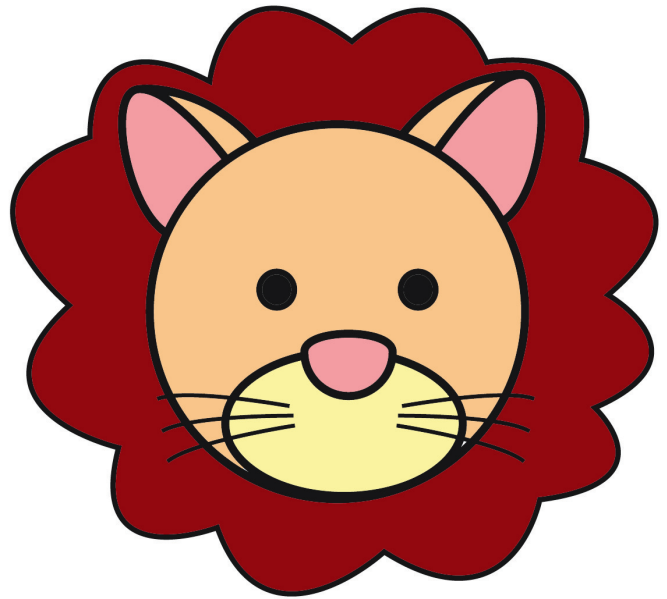
WEIGHT



LIGHT

Reflection:

Ask your dancer-
How does your arm feel when you
pick up a feather? How about when
you pick up a big bag of potatoes?



STRONG

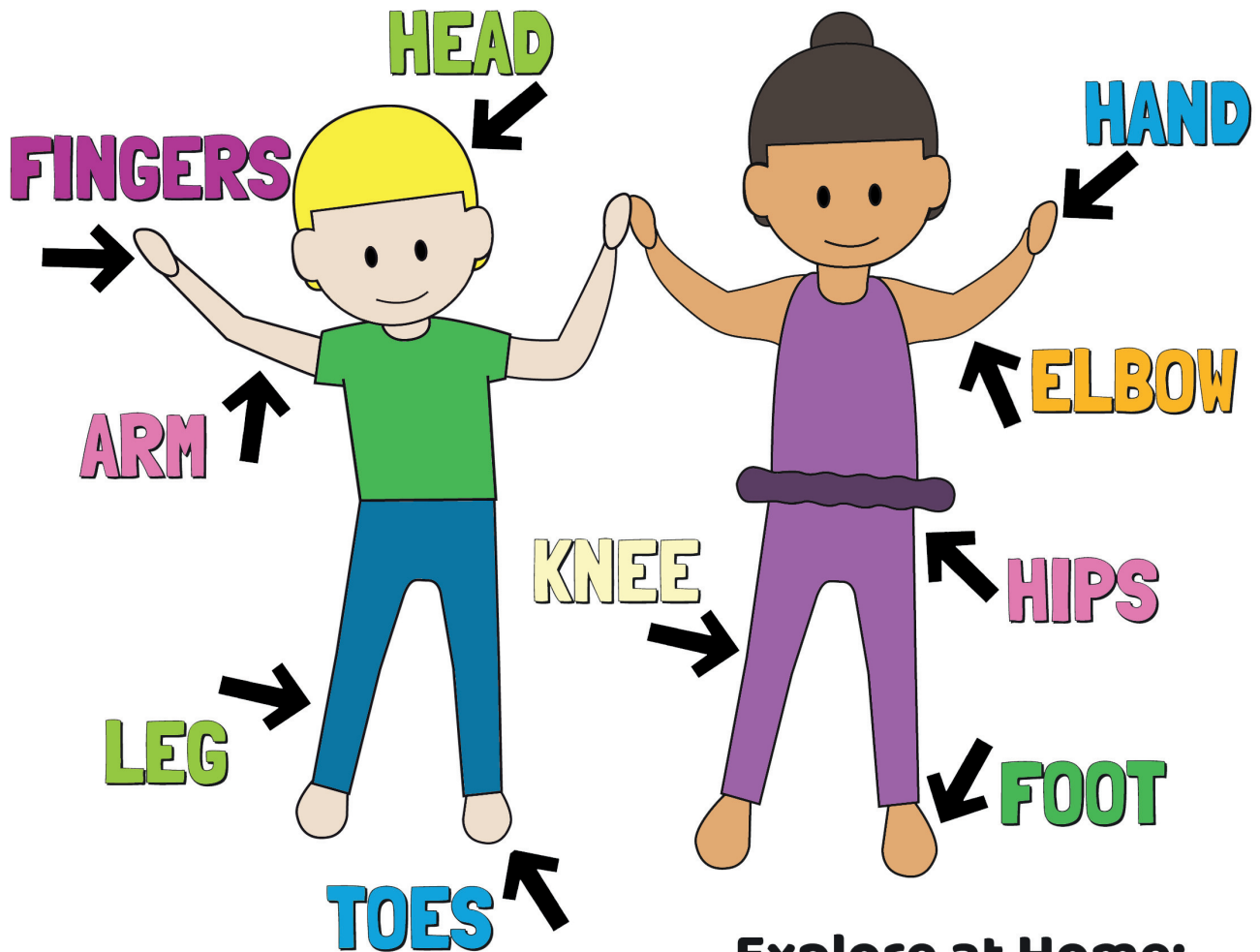
Explore at Home:

When traveling around the house,
tiptoe lightly or stomp strongly
from place to place!

We're learning about...

A dancer's instrument
is their BODY!!

BODY PARTS



Reflection:

Ask me if I can dance with just my arms? How about with my arms and head at the same time?

Explore at Home:

Connect hip to hip and try walking around the house. How about jumping elbow to elbow? Wiggling toe to toe? Melting head to head? Can you think of other creative ways to move connected?

We're learning about...

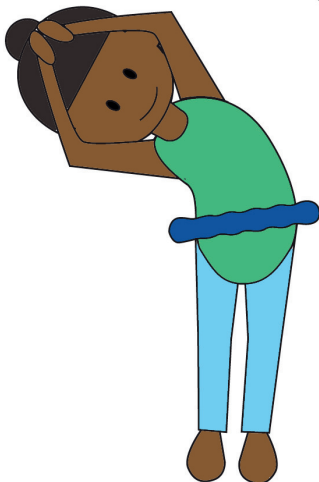
BODY SHAPES

Our bodies can move through many different shapes.

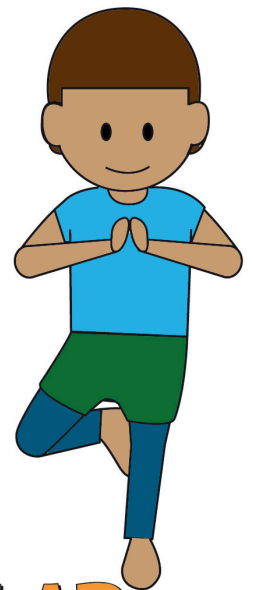
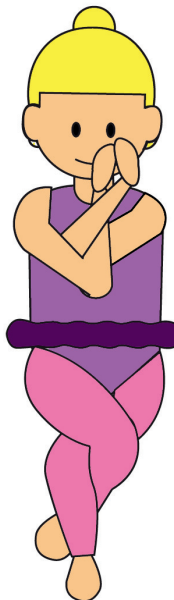


STRAIGHT

CURVY



T
W
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S
T
E
D



ANGULAR

Reflection:

Ask me to make a curvy shape using all my body parts. How about a straight shape? Angular? Twisted?

Explore at Home:

Take turns making a body shape and copying each other's shape. Can you make a shape on a low level? What about a BIG body shape? How creative can you be?

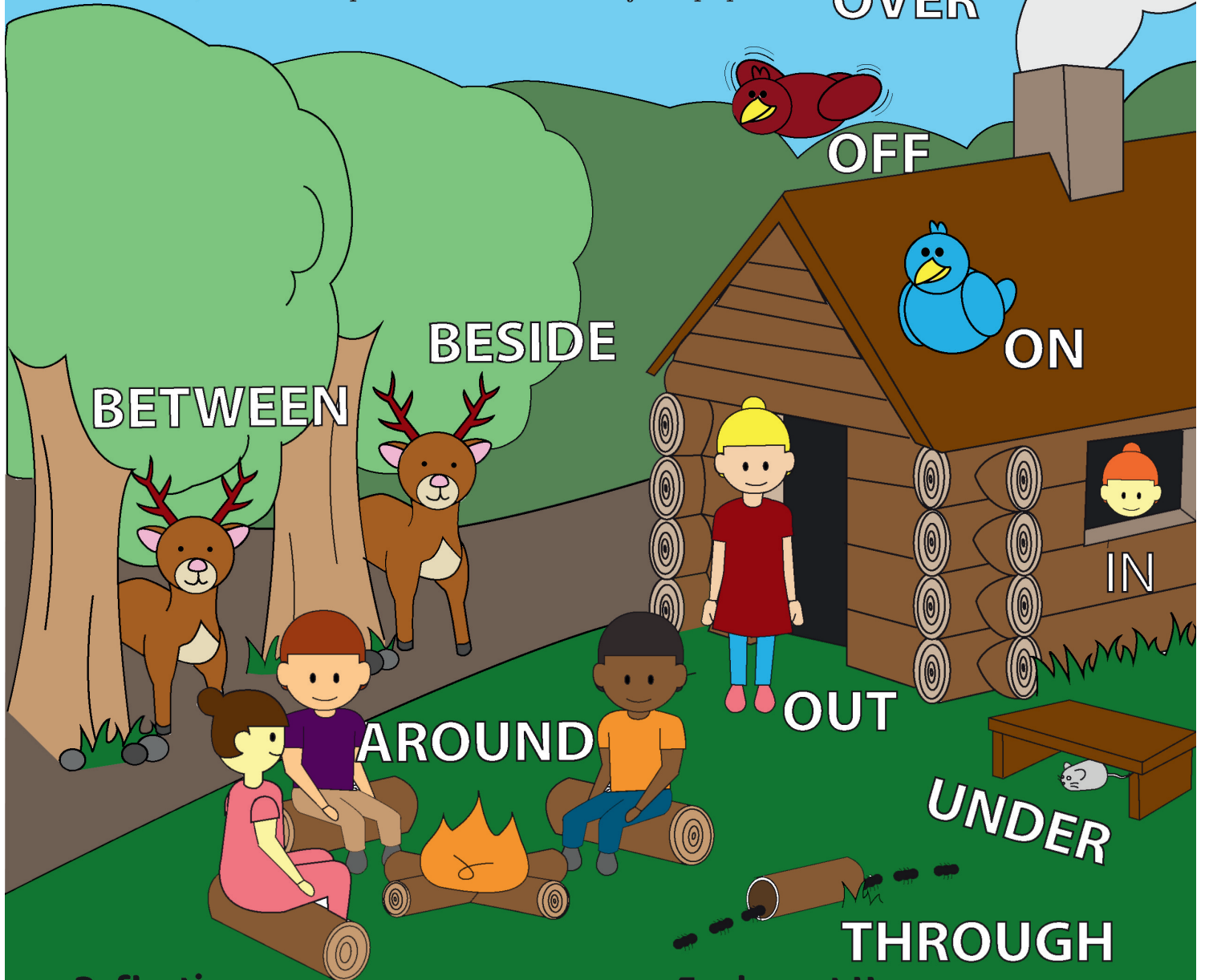
Discover
Dance

Early Childhood Dance Education

We're learning about...

RELATIONSHIPS

A relationship is a connection between two or more people or things. In dance, we can explore the relationship that our body parts have to one another; the relationship that we have to another dancer or to a group of dancers; the relationship that we have to another object or prop.



Reflection:

Ask me to make a body shape with my head **BETWEEN** my elbows.
How about my feet **ABOVE** my head?
Ask me if I can move in that shape.

Explore at Home:

Play a game of Simon Says. "Simon Says put your hand **ON** your foot.
Simon Says put your heel **OVER** your knee."