

The Dance Lab

Creative Movement Newsletter

Learning creatively through movement explorations

Issue Four

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April movement classes focus on the spring season. Plants and flowers grow from seeds, baby birds hatch, and bunnies play. With the freshness of spring and new birth all around us, we explore growing, playing, and dancing. Our imaginations cultivate new creative dances.

Each class includes a stretching warm-up, motor skill development, imaginative stories, and/or cooperative movement games, as well as, individual and group dynamic interactions. The movement classes use a variety of music, instruments, and various props to enhance the creative process of learning and exploring. The Dance Lab strives to incorporate classroom learning, using age-appropriate themes and literacy supporting materials.

Thank you for your interest in The Dance Lab's creative movement program.

Candace A. Carriger, MA
Creative Director

Unit Theme:

Spring

Objectives:

To explore levels, to explore personal and general space

Motor Skill Development:

Bending, twisting, twirling, growing, jumping, flying, running

Listening Skills:

cues from drum and bell, verbal cues, following music cues

Sample Game/Story:

Movement game inspired by the story...*It's Spring!*

1. Read the story, *It's Spring!*
2. Discuss the different animals celebrating spring
3. Divide the group in half, ½ are bunnies, ½ are birds
4. Allow the bunnies to jump, dance, and rest in the grass
5. Allow the birds to fly, turn, and perch on a branch
6. Partner all the kids one to one, 1 bunny to 1 bird
7. Create a partner dance
8. Allow each partnership to show their dances

Literacy Support:

It's Spring by Scholastic
Splish, Splash, Spring by Jan Carr

Relaxation:

lay on bellies, rest head on arms, breath deep, rest in stillness

Ending Notes:

Allow children to expand their own imagination with discussions about the stories and movement experiences. Children's stories are a wonderful way to introduce movement activities. Let your child's imagination soar! Read a story... make a dance! Enjoy!