

# *The Dance Lab*

## Creative Movement Newsletter

Learning creatively through movement explorations

Issue Ten

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Creative Movement in December explores hibernating bears, migrating birds, and animals helping one another. Bear walks, resting in caves, and diving for fish, all incorporate low-level movements. Birds flying, soaring, perching on tree branches, all incorporate lightness and balance. The traditional Native American story, Rainbow Crow, allows us to learn of sharing, sacrifice, and kindness to others. We create rainbow crow dances with feathers and imaginative movement pattern making.

Observe the animal life around your community. Think about how they help one another as they work and play. Make a winter animal dance (or simply watch them dance around your life).

Thank you for your interest in The Dance Lab's creative movement program.  
Candace A. Carriger, MA  
Creative Director

<b><u>Unit Theme:</u></b>	Hibernation, migration, and kindness towards others
<b><u>Objectives:</u></b>	To explore sharing space with others as we move safely
<b><u>Motor Skill Development:</u></b>	Walking, rolling, resting, stretching, flying, soaring, spinning
<b><u>Listening Skills:</u></b>	Following verbal and musical cues
<b><u>Sample Game/Story:</u></b>	Create a Rainbow Crow dance <ol style="list-style-type: none"><li>1. Read <i>Rainbow Crow</i> retold by Nancy Van Laan.</li><li>2. Curl up, imagining you are Rainbow Crow on a tree branch. Hold some feathers.</li><li>3. Fly around the sky. Fly up to the sun.</li><li>4. Jump up high to gather sun fire.</li><li>5. Soar down to the animal friends in the snow.</li><li>6. Spin the fire fast to melt the snow.</li><li>7. Dance a happy dance with the animal friends you saved.</li></ol>
<b><u>Literacy Support:</u></b>	Read books about Thanksgiving, Hibernation, migration, winter animals, and snow. We read ... <i>Time to Sleep</i> by Denise Fleming and <i>Rainbow Crow</i> retold by Nancy Van Laan
<b><u>Relaxation:</u></b>	Lay flat on the floor. Relax your legs and arms. Listen to soft music. Lay still. Close your eyes. Imagine the Rainbow Crow soaring to the sun.