

The Dance Lab

Creative Movement Newsletter

Learning creatively through movement explorations

Issue One

January 2007

I am pleased to present this first issue of the Creative Movement Newsletter. The purpose of this monthly newsletter is to communicate to you some of the children's movement experiences and to share information on inspiring creative movement at home. Children involved in The Dance Lab's creative movement classes explore and learn through movement and imagination. 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

<u>Unit Theme:</u>	Stars and Moon
<u>Objectives:</u>	To explore levels high level, medium level, low level
<u>Motor Skill Development:</u>	Jumping, turning, galloping, skipping, hopping, flying
<u>Listening Skills:</u>	cues from drum and bell, verbal cues, following music cues
<u>Sample Game/Story:</u>	Movement game inspired by the story... <i>Moon Plane</i> <ol style="list-style-type: none">1. Read the story, Moon Plane2. Have children lay on bellies in an airplane shape3. Warm-up your plane, flying with arms while lying on floor4. "Take off" stand up, fly around space, arms stretched wide5. "Landing" down to the floor returning to starting shapes6. Repeat game holding streamers to make a shiny plane
<u>Literacy Support:</u>	<i>Rabbit and the Moon</i> by Douglas Wood <i>Kitten's First Full Moon</i> by Kevin Henkes (a Caldecott winner) <i>Moon Plane</i> by Peter McCarty
<u>Relaxation:</u>	lay on bellies, rest head on arms, breath deep, rest in stillness
<u>Ending Notes:</u>	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!