

The Dance Lab

Creative Movement Newsletter

Learning creatively through movement explorations

Issue Three

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March movement classes focus on the theme of snow and arctic animals. Snowflakes spin, twirl, jump, and fall. Snow friends come to life with a little bit of magic and decoration, and dance. The world of arctic animals develops through games and stories.

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>	Snow and arctic animals
<u>Objectives:</u>	To explore levels, to explore personal and general space
<u>Motor Skill Development:</u>	Jumping, twirling, spinning, stretching, falling, melting
<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>Snowballs</i> <ol style="list-style-type: none">1. Read the story, <i>Snowballs</i>2. Point out all the rich materials used to decorate the snow family3. Divide the group in half, ½ are snow friends, ½ are kids4. Kids decorate snow friends...eyes, mouth, nose, belly5. Kids give scarves to snow friends and step back6. Snow friends come alive, jumping, turning, dancing7. Snow friends melt in the sun8. Reverse groups and repeat game
<u>Literacy Support:</u>	<i>Snowballs</i> by Lois Ehlert <i>The Little Book of Snowflakes</i> by Kenneth Libbrecht <i>Snow</i> by Uri Shulevitz
<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!