

The Dance Lab

Creative Movement Newsletter

Learning creatively through movement explorations

Issue Five

May 2007

The month of May has us all thinking about going to the shore. The ocean waves, soft sand, soaring seagulls, diving dolphins. What a wonderful dream during the school day. Through our creative movement activities, we transport ourselves away to the sunny seaside.

Try out some of these ideas and feel the joyfulness of nature at the shore.

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

Candace A. Carriger, MA
Creative Director

- Unit Theme:** Down the Shore
- Objectives:** To explore levels, to experience under and over
- Motor Skill Development:** Swimming, floating, diving, waving, wiggling
- Listening Skills:** verbal and musical cues
- Sample Game/Story:** Find an old blue sheet or extra large piece of fabric to make the ocean water.
1. Have everyone hold the edge of the fabric.
 2. Make some waves lifting and lowering your arms.
 3. Allow one student at a time to go under the fabric and swim and dance. (Share turns)
 4. Lift the fabric way up high, step forward, and allow everyone to sit under and inside the fabric.
 5. On the count of three, release the fabric to float in the air.
 6. Have fun! Ask the students for some ideas to explore with the ocean water. Dip your toes in the ocean, swim on top of the waves, roll across to the shore, etc.
- Literacy Support:** Read books about ocean creatures, coral reefs, the beach, etc.
- We read ... *Water* by Frank Asch and *Fish Wish* by Bob Barner
- Relaxation:** Let all the students find a spot on the fabric to lay on. Softly talk about things that they have seen at the beach, what they like about the shore, or name colors of beach objects.