

The Dance Lab

Creative Movement Newsletter

Learning creatively through movement explorations

Issue Nine

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As we begin to prepare Thanksgiving for our families, our movement classes focus on the Fall Harvest rich with rainstorms and life on the farm. We explore the animals on the farm both how they move and what they may like eating for their own Thanksgiving meal. We create our own indoor rainstorm filled with gentle raindrops, stomping thunder, and slashing lightning. Of course, a good rainstorm would not be complete with a little splashing in the puddles and mud. Giving thanks for all we have and share makes us all feel good.

Think about all the wonderful blessings that you are thankful for this season. Make a Thank you dance! (In your mind or with your creative self for all to see)

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

<u>Unit Theme:</u>	Fall Harvest
<u>Objectives:</u>	To explore directions in space
<u>Motor Skill Development:</u>	Rolling, jumping, crawling, running, pointing/flexing feet
<u>Listening Skills:</u>	rhythmic patterning
<u>Sample Game/Story:</u>	Create an indoor rainstorm <ol style="list-style-type: none">1. Start slowly. Make gentle raindrops with your toes.2. Make the rain get faster and faster.3. Make some stomping thunder with your heels and feet.4. Slash out some lightning with your arms.5. Jump in the puddles, wiggle in the mud.6. At the end of the rainstorm, spin some sunrays all around.
<u>Literacy Support:</u>	Read books about Thanksgiving, Corn Harvest, farm animals, and rain. We read ... <i>Thank you, Thanksgiving</i> by David Milgrim, <i>Puddles</i> by Jonathan London and looked at the photos in <i>Barns</i> a Metro Books
<u>Relaxation:</u>	Have all the children lay flat on their bellies or backs. Relax your legs and arms. Imagine the warm sun on your body. Lay still. Close your eyes. Imagine the rainstorm passing quietly. Imagine a rainbow crossing the sky.