

The Dance Lab

Creative Movement Newsletter

Learning creatively through movement explorations

Issue Eight

October 2007

October brings the Fall season with it's many changes. We celebrate fall leaves falling, apple picking on the farm, pumpkins and spiders. Exploring movements about the nature around us brings learning to another level of experience. The students' excitement grows as we increase movement potentials and preferences. Fall is so colorful and rich in movement opportunities.

Try some of these ideas indoors or out.

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

Unit Theme: Fall Season

Objectives: To explore changing levels in space

Motor Skill Development: Rolling, jumping, falling, swaying, bending, twisting

Listening Skills: verbal and musical cues

Sample Game/Story: Make a pumpkin dance.

1. Talk about pumpkins and look at pumpkin pictures.
2. Curl up small like a pumpkin in the pumpkin patch.
3. Roll down the pumpkin patch hills.
4. Lay still.
5. Make a funny face, turn into a jack-o-lantern.
6. Make different jack-o-lantern faces, scary, sad, happy, goofy, etc.
7. Stand up and make a jack-o-lantern dance, turning, jumping, bending, rolling, etc. Be creative! Have fun!

Literacy Support: Read books about making pumpkins, autumn, apples, spiders. We read ... *The Apple Pie Tree* by Zoe Hall and looked at the photos in *Pumpkins* by Ken Robbins

Relaxation: Create a pumpkin patch with an orange fabric. Curl up small on the fabric. Lay still. Gently brush each child's back. Relax. Imagine feeling like a wonderfully round pumpkin.