

The Dance Lab

Creative Movement Newsletter

Learning creatively through movement explorations

Issue Seven

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As we begin another new school year, we celebrate the making of new friends and exploring our classroom space. We discover moving safely with our friends while keeping ourselves safe throughout. Sharing, watching, listening, following directions, and taking turns are all included in our innovative creative movement designs. New discoveries are fun.

Try out some of these ideas with new and old friends.

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

Candace A. Carriger, MA

Creative Director

Unit Theme: Making New Friends

Objectives: To explore general and personal space

Motor Skill Development: Stretching, jumping, turning, galloping, freezing

Listening Skills: verbal and musical cues

Sample Game/Story: Make a birdhouse dance.

1. Read, *Birdhouse for Rent* by Harriet Ziefert
2. Talk about sharing the birdhouse with different friends.
3. Create a birdhouse in the classroom with a chair.
4. Curl up inside the birdhouse.
5. Fly around the birdhouse.
6. Share your birdhouse with other friends.
7. Take turns flying and resting, inside and outside the birdhouse.

Literacy Support: Read books about making new friends, sharing, change, dance. We read ... *Birdhouse for Rent* by Harriet Ziefert and *The Cat's Meow* by Warren Kimble.

Relaxation: Create a larger birdhouse to allow all the children to lie down inside. Lay still. Use a soft feather to brush the children's feet softly. Relax. Imagine feeling like a bird.