

# *The Dance Lab*

## Creative Movement Newsletter

Learning creatively through movement explorations

Issue Six

Summer 2007

July and August have been very hot months, our inspiration for the summer theme. The Dog Days of Summer! We explore the movement of dogs, cats, sun, rain, and birds in the birdhouse. My recent certification for teaching kids yoga played a role in the inspiration for this theme as well. The kids all loved becoming dogs with wagging tails, stretching backs, and even bow-wow sounds. The cats sneak, the sun shines, the rain falls, and the birds fly. Summer is great.

Try out some of these ideas and feel the freedom of those good old days of summer.

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

- Unit Theme:** The Dog (and cat) Days of Summer
- Objectives:** To explore general and personal space
- Motor Skill Development:** Stretching, reaching, bending, wagging, soaring, curling up
- Listening Skills:** verbal and musical cues
- Sample Game/Story:** Make a dog dance.
1. Talk about different characteristics of dogs.
  2. We each named the kind of dog we wanted to be.
  3. Curl up on a (pretend) rug. Wake up the doggies.
  4. Stretch your backs (down dog yoga pose).
  5. Drink some water.
  6. Stretch your tails (down dog yoga pose with one leg extended towards the sky).
  7. Take a walk. Greet another dog. Take a rest.
- Literacy Support:** Read books about dogs, cats, sunshine, rainstorms, birds, etc. We read ... *Hondo and Fabian* by Peter McCarty and *Birdhouse for Rent* by Harriet Ziefert
- Relaxation:** Have all the dogs rest close together on the floor. Allow them to lie across one another safely. Lay still. Pant a little making soft sounds. Stick out your tongues. Enjoy feeling like a dog on a hot summer day.