

# DANCE



## Be a Tree.

MONDAY

Make a tree shape with your body. Hold it quietly for 4 counts. How would your branches move in a gentle breeze? A rain storm? A tornado? After the exciting weather passes, hold your original tree pose for 4 counts.

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## High-low-fast-slow.

TUESDAY

Create a dance sequence by repeating a simple movement (for example, a clap, wave, or nod) up high, down low, quickly, and slowly.

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## You are a book.

WEDNESDAY

You are waiting to be read, up high on a shelf. When you are pulled down to be read, you are happy. Some pages are quiet, nothing much happens, and pages turn slowly. Other pages move quickly, packed with action!

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## Mimic an object.

THURSDAY

Find one object in each room of your home. For each object, stand or sit in front of it, mimicking its shape. Perform movements demonstrating how the object is used

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## Dance your name.

FRIDAY

Write it BIG in the air, with magical invisible crayons. Or, trace a pathway on the floor, one letter at a time. Or, spell out each letter, transforming from one static large letter shape to the next. Or.. make up your own way to dance your name.