



Name of Session: Creative Movement: Different Places

Facilitators / Creators: *Michelle and Mariah*

Age Group for Participants: K-3rd Grade , 4th- 8th Grade

Context:

Creative movement practices encourage students to explore with agency and independence. These practices are important because they provide students with the empowering ability to act and move freely, and to make their own decisions. Creative movement also allows for critical thinking and problem solving. Today our students will explore creative moving by imagining places and environments that may inspire their movement. Our students at Vista College Prep look forward to having agency in class and creating their own movement. Vista College Prep also values leadership. Leadership skills are developed through the practice of active decision making and creative thought.

Origin of the exercise:

Creative practices and tools have been practiced by movers and dancers in all disciplines.. The knowledge and practices have been shared with us from our own professors within Dance Major Courses, creative courses, and through our own movement exploration over the years.

Objectives:

- *To practice critical thinking through movement development.*
- *To learn to move in new ways by exploring different imagined environments.*
- *To learn strategies to be creative while moving.*

Linked Media Content:

Michelle & Mariah Video: <https://youtu.be/h1hxFmITgE>

Materials:

- *Comfortable clothing*
- *Space to move around*

Process:

1. To follow along with Ms. Michelle and Ms. Mariah [go to the link](#)
2. Find space inside or in your backyard where you can move around freely.
3. Follow along with Ms. Mariah and Ms. Michelle

Paper form:

Hi friends! Today we are going to practice making our own dance moves by moving in different places. First you'll warm up with me, Ms. Michelle and learn about how we can move in the big blue ocean, in space like an astronaut, and in a tall green forest. Then, you'll get to follow along with Ms. Mariah's directions and make up your own dance moves!

Let's get started.

First we will do a quick warm up to get our bodies moving.

10 big swims like a fish in the ocean. Ready go!

1,2,3,4,5,6,7,8,9,10

Let's go diving like dolphins. Ready go!

10 big jumps like an astronaut in space. Ready go!

Now 5 astronaut hops on each leg. Ready go!

Let's grab the big branches in the forest. Ready go!

Let's take big steps through the forest mud. Ready go!

Let's get down to the floor and gather all the leaves. Ready follow me!

Great job! Let's do a few stretches before we start creating on our own.

Great work friends! Now we are ready to move in some of my and Ms. Mariah's favorite environments. Get ready to follow along with Ms. Mariah!

Go ahead and take the time to spread out so you have space to move.

Now we will explore movement imagining we are in different places.

The first place to explore is the rainforest.

Take 1 minute to move as if you were in a rainforest and it's raining.

Now take 1 minute to explore how you would move in the desert.

Next, take a minute to explore what it would be like to move in Iceland where it is super cold!

Last but not least take a minute to explore how you would move in a big grass field for 1 minute.

Great job friends,

Take the time to explore your own imaginative places now.

Thank you for joining us on this exploration. Feel free to let someone join you!

Variations:

- *You can come up with your own places/environments and create dance moves for each one. You might even want to create your own dance to remember and share with someone.*