

Craft Art Series Infused With Movement with Maria

Instructions:

Check out this sample lesson plan and activity ideas for inspiration, ideas, and more. Feel free to edit, delete, or highlight to make it your own! These notes are yours to customize. They will not be published anywhere such that you're held to teaching exactly what's here.

Topics

crafts, movement such as yoga and dance

Lesson Ideas

Lesson Title

Craft Art Series Infused With Movement

Duration

1 Hour

Lesson Plan

1. Introduction (5 minutes)

- Welcome students and introduce the theme: combining art with movement.
- Brief discussion on how movement can inspire creativity and vice versa.

2. Warm-Up and Yoga (10 minutes)

- Lead a simple yoga warm-up with 4 basic poses (Mountain, Tree, Cat-Cow, and Child's Pose).
- Discuss how these poses relate to nature and can be used as inspiration for art.

GRASSHOPPER

3. Craft Activity: Nature-Themed Collage (20 minutes)

- Provide materials for creating nature-themed collages (magazines, colored paper, glue, scissors, markers).
- Encourage students to choose images or colors that relate to the yoga poses and depict movement.

4. Dance Break (10 minutes)

- Energizing movement break with a simple choreographed dance routine to a kid-friendly song.
- Encourage free-style movement to promote creativity and self-expression.

5. Sharing and Reflection (10 minutes)

- Invite students to share their collages and discuss the inspiration behind them.
- Reflect on how movement influences art and how art can inspire movement.

6. Conclusion (5 minutes)

- Summarize the key takeaways from the lesson.
- Encourage students to explore art and movement at home.

Materials List

- Yoga mats or soft carpet
- Magazines and colored paper
- Scissors and glue
- Markers or colored pencils
- Music player and kid-friendly dance tracks
- Optional: Speaker

Adaptations for Different Ages

- Younger children: Simplify the yoga poses and offer pre-cut collage materials.
- Older children: Introduce more complex yoga sequences and encourage the creation of detailed collages with mixed media.

Movement Break

A brief, high-energy dance to a popular children's song encouraging kids to move freely and expressively.

GRASSHOPPER

Bonus Activities

- Invite a local artist or dancer for a demonstration.
- Organize an outdoor session where kids can gather natural materials for their collages.
- Create a collaborative group mural that combines all students' art pieces with movement-inspired elements.

Series Outline

****Week 1: Introduction to Craft Art and Movement****

- Discuss the concept of combining crafts with movement, introducing the series theme.
- Activity: Create personal vision boards combining images of crafts and movement.
- Movement Activity: Learn basic stretches and mindful breathing exercises as a warm-up.

****Week 2: Origami and Yoga Flow****

- Craft Activity: Fold simple origami shapes (cranes and flowers).
- Movement Activity: Practice yoga poses inspired by the shapes of the origami.
- Integration: Create a short yoga flow incorporating each pose.

****Week 3: Paper Mache and Creative Dance****

- Craft Activity: Create masks using paper mache techniques.
- Movement Activity: Develop expressive dance movements while wearing masks.
- Integration: Perform a short dance sequence with the crafted masks.

****Week 4: Beading and Hand Rhythms****

- Craft Activity: Make simple bead bracelets or necklaces.
- Movement Activity: Explore hand percussion movements and rhythms.
- Integration: Create rhythmic patterns as a group while wearing beaded crafts.

****Week 5: Nature Collage and Animal Movement****

- Craft Activity: Assemble nature collages using leaves, twigs, and other outdoor materials.
- Movement Activity: Perform animal-inspired movements based on the collage elements.
- Integration: Choreograph a short sequence mimicking the natural world.

GRASSHOPPER

****Week 6: Textile Art and Traditional Dances****

- Craft Activity: Design and decorate small fabric pieces or banners.
- Movement Activity: Learn simple traditional dances from different cultures.
- Integration: Dance while displaying or incorporating fabric art.

****Week 7: Pottery and Balance Movement****

- Craft Activity: Shape basic clay pottery.
- Movement Activity: Practice balance exercises inspired by the shapes created.
- Integration: Combine pottery-inspired poses with balance-focused activities.

****Week 8: Puppet Making and Storytelling through Movement****

- Craft Activity: Create simple hand puppets from paper bags or socks.
- Movement Activity: Develop stories using the puppets through movement.
- Integration: Present puppet stories incorporating dance elements.

****Week 9: Recycled Art and Group Choreography****

- Craft Activity: Create art pieces using recycled materials.
- Movement Activity: Collaborate on a group dance inspired by the recycled art.
- Integration: Perform a recycling-themed dance routine as a class.

****Week 10: Reflection and Celebration****

- Craft Activity: Make a collective mural showcasing the series' craft projects.
- Movement Activity: Share favorite dances or movements from the series.
- Celebration: Host a mini-exhibition and performance for family and friends.

For additional support, reference this [experience outline template](#) which includes tips and prompts to help you develop and lead an excellent Grasshopper Kids experience.

Note: This lesson plan outline was drafted by Hopper. If you would like to see different results, you can [submit another idea](#), or text us with feedback so we can work to make the algorithm better. We built this tool to help save you time in bringing more kids enrichment experience ideas to life!

GRASSHOPPER

