

Activity Guide - Waves

Color Dance

— *Light Slides: 8-13

Overview

Objectives

- Embody different qualities of movement that correspond to qualities of light waves
- Apply abstract concepts of reflection/absorption into tangible movement

Guiding questions

- What are some ways we can move our bodies big and slow? Fast and small?

Materials needed

- Construction paper, one page of each color - red, yellow, blue, white, black

Space needed

- Part 1: Space to stand up
- Part 2: Whole classroom or enclosed outdoor space

Time allotment: 15-20 minutes

Number of students: All students

Instructions

Part 1 -

1. Ask students to stand up at their desks.
2. Students are being asked to explore the primary colors in their bodies as light waves. Starting with red, ask students to see what big, slow movements they can find in their bodies.
3. Moving on to blue, ask students to see what tiny, fast movements they can find in their bodies.
4. Now exploring yellow, somewhere in the middle, medium size and speed.



Part 2 -

1. Practice each movement separately as a whole class to refresh.
 - [Example](#) with cropped clips on slides #9, #10, #11, #17, #18
 - Begin with red, slow, big movements (slide #9)
 - Then blue, tiny, fast movements (slide #10)
 - Then yellow, medium movements (slide #11)
2. Once students have practiced the different color-movements, the color dance can begin.
3. Ask students to spread out in the space.
4. Teacher calls out different colors and holds up corresponding paper (for visual and audio learners) and students dance accordingly.
 - You can up complexity by introducing non-primary colors (orange, green, violet)
 - You could play conductor and point to different parts of the room to dance as different colors.

Part 3 -

1. Once the concepts of reflection and absorption have been introduced, part 2 can be repeated including:
 - Black, arms and body expanded wide, absorbing like a big hug (slide #18)
 - White, pushing all light away, huddled (slide #17)

Possible follow-up activity - Choreograph a dance using these movements, either as a whole class, in groups, as a duet, or as a solo. Perform your dances for each other!

