

CHILDREN'S CREATIVE DANCE MOVEMENT

We are sharing some joyful ways to explore movement through music, channel energy, stimulate imagination and promote creativity. In addition to our videos of some of the material our young dancers love, we are presenting some ideas to help you keep your younger ones active and engaged through dance!

Here are some basics that can be springboards to increase your enjoyment, help you with ideas, and spark creativity at home!

MOVEMENT BASICS

LOCOMOTOR- (traveling modes in order of learning) walking, running, galloping, jumping, hopping, side sliding, leaping, skipping (also crab walk, log roll)

NON-LOCOMOTOR- bend, stretch, push, pull, twist, turn, shake, swing, sway, balance

MOVEMENT IN SPACE-

- Shape (circular, linear)
- Size (small to large)
- Level (high, middle, low)
- Direction (front, back, side, down)
- Speed (still to full)
- Energy (sharp, smooth, staccato, etc.)

CREATIVE SPRINGBOARDS

PROPS— scarves, ribbons, streamers, bean bags, wands, horsies, etc. --children love props- it enhances the tactile experience, encourages imagination and it's just fun!

EXAMPLE of MOVEMENT EXPLORATION with SCARF— up & down, side to side, in a circle, figure 8, above your head, below your knees, rainbow, etc.

CREATIVE COMMUNICATION through DANCE— communicate an image (wind), an idea (journey), a feeling (strength)

EASY TO USE IDEAS—

1. Freeze Dance - use any music that you enjoy, with the capability to start and stop. Start the music- can be free form or give prompts (hopping, swaying, etc.). Stop the music- can be free form poses/statues or give prompts (high space, etc.)

2. Using a scarf- music examples Somewhere over the Rainbow, Colors of the Wind- the dancers can free form dance or give prompts (rainbow shapes, low space, slow speed, etc.)

3. Using any music- take a “trip to the zoo” and stop by the different animals & create their movement- lion, elephant, monkey, etc. (Trip to the farm, etc.)

4. Find a drum or something to beat a rhythm- then alter rhythms and the dancer imitates that rhythm- slow walks, fast run, tiptoe run, etc.

5. Dance ‘obstacle course’- using items you have in your home (children love to be creative with ideas) - create the different stations & avenues— Example— jump over the green towel, crawl under the desk, balance walk over the edge of the rug, etc.

