

Dance and learn with Ririe-Woodbury at home!

Hello students! We are the Ririe-Woodbury Dance Company. We have prepared some lessons and activities for you. You can do these activities right at your home in your living room, kitchen, or wherever you like! Dancing keeps our bodies healthy, our spirits uplifted, and our hearts connected with each other!

Reading activity

About the Ririe-Woodbury Dance Company



Ririe-Woodbury Dance Company was founded in 1964 by two Utah women, Joan Woodbury and Shirley Ririe, who were both teachers of dance at the University of Utah. We are based in Utah, but we go all over the world to perform and teach dance!

Matching activity

These are people who create a dance performance.

Can you find the match? Connect the match with a line.

Column A	Column B
a. Composer	1. a person who creates lights and effects
b. Choreographer	2. a person who creates the music or sound score
c. Costume Designer	3. a person who creates the dance
d. Lighting Designer	4. a person who performs the Dance
e. Dancer	5. a person who makes the costumes

Movement Activity

A fun movement exploration activity

- Look around the room. Do you see another person by you? Your brother, or sister, or a parent? Find a person who can help you with this assignment.
- Ask your helper to move together with you.

- This is a dance you can do while sitting down, using only your arms. Or you can stand up and use your whole body, if you'd like - your choice!
 1. Reach up as high as you can with both hands, without lifting your seat! Can you raise your hand as largely and strongly as a giant? Or small as a mouse, using just one finger? Feel the difference in your body.
 2. Can you change the speed of your arms - how fast can you bring your arms up, and how slowly can you bring them down?
 3. Can you move in stop-motion (stop and go) style?
 4. Now try the smooth way of moving. Try smearing or smothering the space with your hand - imagine peanut butter. Play around with all kinds of different energy ideas! Can you tickle, poke, hug, reach, slice the space around you? Try each idea! Are there more ideas?
 5. Create a pattern/choreography - for example, 8 counts for reaching up high, 8 counts for coming down, 8 counts for smearing all over, 8 counts for poking. Then put on your favorite music and try your original dance!

WRITING ACTIVITY

YOUR BODY IS AN ARTISTIC INSTRUMENT!

How much do you know about your own body?

Write one or two of your answers.

- What do you need to keep your body healthy?

- What kind of food do you need to eat?

- How can you make your body strong?

**Let's finish this lesson with a breathing exercise!
Take three deep and giant breaths, with your whole
entire body. You can imagine that you are a huge
giant or a dinosaur. Now have a wonderful day!**