

## Dance and learn with Ririe-Woodbury at home!

Hello students! We are the Ririe-Woodbury Dance Company. We are your local contemporary dance company; we are your neighbors. Some of you might have seen us dance before. Although a lot of us are staying home, just like many of you - we can't stop dancing and thinking about dance! So 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... as long as you have just enough room to stretch out your whole body. 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 (RĪ' -rē Woōd' -būr-ē) Dance Company was founded in 1964 by two Utah women, Joan Woodbury and Shirley Ririe, who were both professors of dance at the University of Utah. Their passion for dance not only included performance, choreography, and pedagogy, it was accompanied by a deep commitment to dance as a valuable art form and its necessity in the education of youth. Over the years, the Company has grown from its beginning as a local entity, into an internationally renowned contemporary dance company, having performed in every state in the United States, as well as throughout Europe, South Africa, Southeast Asia, the Caribbean, and the British Isles. Most recently in 2018, Ririe-Woodbury toured to Mongolia and South Korea as part of the cultural diplomacy program, DanceMotion USA, representing the U.S. Department of State.

## Matching activity

### Learn about people who work in the cultural arts: Words ending in 'er'

Did you know that you don't have to be a dancer to be part of a dance performance? There are many jobs for people in the performing arts. They work together to create a big theater performance. To understand different cultural jobs and responsibilities, try this activity below.

Match the word from Column A to the definition in Column B.

#### Column A

- a. Composer
- b. Collaborator
- c. Choreographer
- d. Costume Designer
- e. Lighting Designer
- f. Actor
- g. Photographer
- h. Dancer
- i. Videographer

#### Column B

1. a person who creates lights and effects
2. a person who occasionally narrates and acts
3. a person who creates the music or sound score
4. a person who creates the dance
5. a person who takes pictures
6. a person who performs the dance
7. a person who makes the costumes
8. a person who takes videos or films
9. a person who works jointly to create something Together

## Movement Observation activity

### A fun movement observation and 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 this person to stay still for a moment.
  - Can you describe what his/her/their body is doing? Look for details of their hands, feet, posture, and focus.
  - From your observation, what is this person communicating to you by their body language? Are they relaxed, focused, tired, alert, bored, happy, sad, curious, etc.?
-

## Lesson 1: 4 - 6 grades

- Now ask this person to move an arm, in any way he/she/they want. Carefully observe the movement. What is the shape of the moving hand (closed, open, fingers spread apart), and the arm (bent, straight, etc)?
- 

- What is the size of the movement, is it large, small, or medium?
- 

- Now you are going to move! Ask your helper to move together with you.
  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? That changes the dynamics - the motion has now percussive/staccato quality.
  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 any 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!

## **THE EXPRESSIVE BODY – YOUR BODY IS AN ARTISTIC INSTRUMENT!**

*Ririe-Woodbury Dance Company's motto is "Dance is for everybody!" Your body is the most essential element in any dance! Human body is the key element that makes up both the artistic instrument and the environment for a dance.*

How much do you know about your own body?

- What do you need to keep your body healthy?
-

Lesson 1: 4 - 6 grades

- What kind of food do you need to eat?

---

- How can you make your body strong?

---

- Dance is an exercise, and also an art form. What aspect of your physical, mental, and spiritual well being does dance help with?

---

**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!**