

Dance and learn with Ririe-Woodbury at home! Lesson 3: Scavenger Hunt Dance

Reading activity

Hello students! Today's lesson is about one of the main ingredients of dance, ENERGY.

We will go on a scavenger hunt, and find many things/objects in your house that have

different qualities. Then we will get some ideas about how we can create a dance!



Looking, moving, and collecting activity

Gathering inspirations for different movement qualities

1. Before we start a scavenger hunt, there is one rule - no running! We want to keep anybody from falling or bumping into something or someone.
2. Are you ready? See if you can find the following items inside of your house!

- Something squishy



- Something stretchy



- Something that bounces



Movement exploration activity

Qualities of the motion

3. Were you able to find everything? Now, with the things you have found, try moving your body with each of the qualities. Feel or look at each item carefully to see if you can really make that quality in your movement. Try to move your entire body!

For example...

- Can you squish the space between your legs? Can you raise your arms and slowly squish your armpits? Where else in your body can you make squishy movements?
- Can you stretch your body like the item you've found? How long can you get with your body as you stretch? Can you stretch in different directions? Is there a way you can stretch upside down?
- Something that bounces! This one is fun. Can you bounce everything in your body? First, try one at a time - your head, your shoulders, your hands, your belly, your hip, your knees, and your feet? Then try bouncing with your entire body as a whole!!

Dance composition

Creating the Scavenger Hunt Dance

4. Can you give 8 counts to each of the three qualities, then string a pattern together?

For example, you might do...

- Bouncing your shoulders and belly for 8 counts
- Stretching upside down for 8 counts
- Sparkle with your eyes, hands, and feet for 8 counts

Practice going from one thing to another without stopping.
Can you do the whole dance at least twice through?

Now it is time to share your Scavenger Hunt Dance!

- Put on some fun music, and show it to your family and/or friends!
- It will be very fun to do a “show and tell” style performance. Have the audience/watcher guess which object and/or energy quality you are dancing with, then at the end, give them the correct answers to see if they got them right!!



Have fun dancing!