

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

Hello students! Today's lesson is about one of the main elements 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!

Reading activity

Different quality of movements

Energy or force changes the quality of the motion of the body. For example, if you use a lot of energy you can create strong movement. Very little energy and slow time makes soft, or free-floating kind of movement. It is interesting and fun to change your energy to create a change of dynamics in your movement.

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!

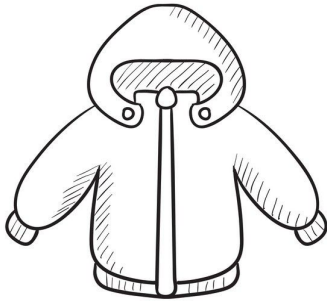
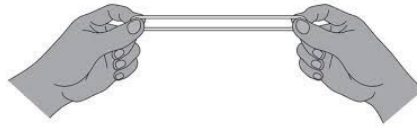


- Something sparkly

- Something squishy



- Something stretchy



- A jacket

- 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.
- Can you make sparkles with your hands? Can you put sparkles in your eyes? Can you put sparkles in your legs, and your back?

- 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?
- How does a jacket move itself? You say it doesn't move itself? Imagine your entire body turns into a magic jacket. Can you wrap softly around someone? Can you drape over something with no energy? Can you twist or wring your body out?
- 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. Choose and put circles around three of the movement qualities you have enjoyed the most.

Sparkly Squishy Stretchy A jacket (How? Your choice)
Bouncy

5. Can you give 8 counts to each of the three, then string a pattern together?
For example, you might do...

- Bouncing your 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.
Then do the whole dance at least twice through!!

Now you have your Scavenger Hunt Dance to share!

- 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!