

Dance and learn with Ririe-Woodbury at home!



Lesson 4: Spring Acrostic Poem Dance

Hello students! Today's lesson is inspired by the arrival of springtime. On your walk around your neighborhood or in nature, you might have noticed colorful flowers popping up from the ground, or the trees starting to have tiny green leaves. Springtime is when the weather gets warmer and nicer, plants and creatures start growing and being more active ... All the wonderful new lives we see all around us make us want to sing and dance!

Reading activity

What is an Acrostic Poem?

An acrostic poem has a topic running down the left side of the poem. Each letter has a new idea that runs from left to right and has to do with the main topic.

Here is an example of a **SPRING** Acrostic Poem.

Slowly coming out
Pretty flowers bloom
Rainbows are all around
Indigos are flying with joy
No more hibernating
Get up and go outside!



Movement exploration and creating activity

Let's create movement based on the example poem.



1. **S**lowly coming out

Let's try moving with one idea, for instance, a seed of a dandelion. Can you make your body very small like a seed in the ground, and slowly come out and start growing to the sky?

2. **P**retty flowers bloom

If you were a flower, how would you bloom? Do you pop open with lots of energy, or slowly and softly open up? How can you make your head, arms, and legs all parts or petals of one HUGE flower blooming?

3. **R**ainbows are all around

There are many ways to create rainbows all around... you can paint huge rainbows all around the room with your imaginary paint! Paint with your hands, your legs, your head.



4. **I**ndigos are flying with joy

Indigo is a name for a small bright blue bird. This is the part of the poem where you can use the high space - the sky space! Make sure you have enough open and safe space to try

big movements such as - jumping, leaping, turning, and skipping - and don't forget to express the joyous feeling as you fly around!



5. **N**o more hibernating **G**et up and go outside!

Finally, let's put together the last two lines.

Imagine that you had been sleeping all winter long, but now it is time to wake up! Try a **big yawn**. Carefully **look** around. **Stretch** your joints and muscles gently and slowly. Then **Shake** your sleepiness off, from your head, your arms, and legs. Show in your movement that you are getting up, getting ready and excited to go out into the world.



Time to perform and share

Can you dance the whole poem?

- Play a piece of music that feels like springtime to you!
- Find somebody to read the poem for you slowly, one line at a time, and you can dance your way from the beginning to the end.
- Practice a couple times before you show it to your family or friends.

Creating your own Acrostic Poem and dance!!

Use this form to create your own Acrostic Poem about springtime.

You probably have different and/or better ideas! If you feel like it, you can skip the example poem and jump right into creating your own dance based on YOUR original poem.



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Have fun dancing!