

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 is a very fun poem to create. Each acrostic poem has a topic idea running down the left side of the poem. Each letter has a new idea that runs from left to right and is relevant to the topic word. The topic word is typically the theme or source of inspiration. 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



Imagine what is slowly coming out, and from where, in the springtime. Is it an animal, or a plant? 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

What kind of movement does a flower make when it blooms? If you were a flower, how would you open up? Do you pop open with lots of energy? Slowly and softly unfold? Or sequentially, one petal at a time? What parts of your body can move as flower petals... how can you make your head, arms, and legs all parts 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. Or, can you create the shape of the colorful rainbow with your body?



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



Indigo is short for Indigo Bunting, which is a small bright blue bird in the cardinal family. 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, skipping, gliding, darting, soaring - and don't forget to express the joyous feeling as you fly around!



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

Finally, let's put together the last two lines. How would you feel, and how would you move, if you had been sleeping all winter long, but now it is time to wake up? You might do a **big yawn**. You might carefully **look** around. You might **stretch** your joints and muscles gently and slowly. You might **shake** your sleepiness off, from your head, your arms, and legs. Can you create movements that show 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?

- Find a piece of music that feels like springtime to you.
- Can you move through the whole poem without stopping? There are easy ways and challenging ways. One easy way is to 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.
- Another way is to have the poem page right by you, so that you can look at what comes next, if you forget.
- If you want to challenge yourself, try to memorize all or parts of the poem. It helps to think about the transitions, connecting the dots - slowly coming out to blooming, blooming to rainbows, rainbows to flying... so on and so forth. Practice a couple times before you show it to your family or friends.

Creating your own Acrostic Poem, and choreography!!

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.



S _____

P _____

R _____

I _____

N _____

G _____

Have fun creating and dancing!