**Dance**  Mrs. Beth Andrade **Hours: Monday through Friday**

(209) 597 8729 **9 – 10:30 11-12:30**

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**HOPE YOU ARE DOING WELL!!! LAST round of adventures…I have LOVED hearing All of YOU!!**

Your dance grade will be based on you moving your mind and body 4-5 days a week!!! There are 5 activities for you to do for the next FEW WEEKS. Monday through Friday choose one of the below activities to do for 20:00 to 30:00 minutes. Afterwards, I need you to create and complete a chart, picture(s), or writing reflection(s) that show me you have been doing these activities. I have LOVED hearing from so many of you these last few weeks.

**USE YOUR MIND AND BODY!!! EXPLORE YOUR IMAGINATION!!! HAVE FUN!!!**

**1st and 2nd GRADERS\_-- I need to hear from you by May 15th. Thank you.**

**DANCE ACTIVITIES!!!**

*First…make sure you have room to move. I use my kitchen because I can push the chairs to the side.*

*Pick up any toys, books, and shoes that you might trip over.*

*Take your shoes off...yep and make them ‘Fireman Ready” 😊 Here we go!!!!!*

1. **DANCE BABY DANCE!!! IT’S YOUR OWN DANCE PARTY!!! (This can be done 2 to 3 times a week)**

Pick 4 songs and DANCE! This means you are moving for 20:00 minutes! Attached is a playlist.

Maybe add a prop with your dancing. Like scarf, teddy bear, or book. 😊.

Include 12 sit ups, 50 jumping jacks, 6 push ups, and stretching during your dance party.

For the next two weeks, try adding jumps, hops, and turns.

1. **FEELINGS DANCE STUDY**

Remember when we would explore different feelings?

**Happy Sad Angry Scared Tired Silly**

With each feeling….

**Show me a (happy) shape. Can you do that in all 3 levels?**

With each feeling…

**Show me a (happy) walk. Jump Hop Crawl Gallop Skip**

Now repeat with each feeling.

**Now create YOUR OWN feeling dance.**

**Requirements/dance ingredients:**

**3 different feelings (at least)**

**Beginning shape**

**Ending shape**

1. **PANTOMIME STUDY**

This activity is inspired by the story “Goldilocks and the Three Bears”.

Imagine you are Goldilocks (or the guy’s character is Baldilocks) from the story “The Three Bears”. Imagine being Goldilocks or Baldilocks tasting each of the three bowls of porridge—the big one’s too hot, the middle one’s too cold, but the little one’s just right, so you eat it all up.

Then, you try out the chairs – the big one is too hard, the middle one is too soft, but the little one is just right, except that the bottom falls out and down you go!

Now you are so tired you go upstairs and try out the beds. But the big one is too high at the head; the middle one is too low at the foot; the little one is just right, so you cover yourself up and fall fast asleep. Pleasant dreams!!!

1. **SHADOW DANCE STUDY**

Ask your parents if you can go outside. It needs to be a sunny day. Find your shadow. Move your body around and watch the different shadow shapes you make. Be aware of where you stand in the sunlight. How does your place in the sun affect the shadow dancing?

Yes, again…I love the Shadow Dancing

1. **CAT AND MOUSE DANCE STUDY**

What happens if a cat sees a mouse? What do you think a mouse thinks when they see a cat? How do cats move – are they noisy or quiet? How do mice move – and how would they react to seeing a cat?

Pretend you are a mouse. How do you feel? How do you move?

Say the following chant several times. The rhythm should be lively and light to help inspire your mouse-like movements.

**I’m a mouse, mouse, mouse.**

**I’m a tiny, little mouse.**

**Watch me move, move, move.**

**Round the house, house, house. (repeat three times)**

\*\*\*Then do it again and change the word ‘move’ to dance. Repeat three times.

Now do the cat dance.

**I’m a kitty, kitty cat.**

**I’m a sleek, quiet cat.**

**Watch me move, move, move.**

**I can stretch and scratch (repeat three times)**

\*\*\*Then do it again and change the word ‘move’ to dance. Repeat three times.

**Example chart/reflection:**

**Name of student \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Name of teacher \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Dance Party Monday, Wednesday, and Friday (suggestive days)**

What songs did you play?

What steps did you do?

What would you like to change? Explain.

What was your favorite part? Explain or draw a picture.

**Feelings Dance Study Tuesday**

**Pantomime Study Thursday**

**Shadow Dance Study Tuesday**

**Cat and Mouse Dance Study Thursday**

**Questions for Dance Studies:**

What do you like best about this study?

What would you like to change? Explain or draw a picture.

Did you enjoy creating your own dance? Why or why not?

Did you perform this study for anyone?

Would you want to do this study again? Why or why not?

***And remember at the end of each day…bow…***

***’5, 6, 7, 8 …Reach for your star…pull it into your heart…share your talent and love with others’***

**HERE ARE TWO PLAYLISTS FOR YOU TO USE…**

<https://music.apple.com/us/playlist/mrs-andrades-classroom-hits/pl.u-JPAZxxmTXGmbgV>

<https://open.spotify.com/playlist/19oVO5mbyEwkmJA1vjJiqb?si=zvAXz0qFTLmMuwYPZCfBDA>