

CREATIVE DANCE GUIDE

Start with one of these...	Choose one of these...	Then add one of these...
<p>HANDS AND FINGERS <i>Imagine your hands are the swaying branches and the falling leaves</i></p>	<ul style="list-style-type: none"> ● Place your hand underneath your partner's hand and gently move your hand up and down, side to side like the motion of a leaf falling from a tree. ● Hold hands or place finger tips together and lead your partner to the music 	<p>MIRRORING SUPPORTING UP AND DOWN GLIDING SIDE TO SIDE</p>
<p>CHIFFON SCARVES: <i>Imagine the chiffon are the colourful leaves falling or the wind in the trees</i></p>	<ul style="list-style-type: none"> ● Use the chiffon to create shapes in the air ● Drape the chiffon gently over your partner's face, arms and hands ● Waft the chiffon, creating a gentle breeze ● Hold the scarf together - who is the leader and who is the follower? ● Throw it up and watch where it lands! ● Use the words opposite to help instigate movements to the music 	<p>WAFING FALLING FLUTTERING SWISHING WHIRLING TWIRLING</p>

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<p>RIBBON WANDS: <i>Imagine the ribbons are the colourful leaves in the trees</i></p>	<ul style="list-style-type: none"> • Use the words in the right column as a stimulus to create movements together 	<p>SWISH FLICK SPIRAL UNFURL TWIST CURL JAB TWIRL SIDE-TO-SIDE UP & DOWN ZIG-ZAG CIRCLES FIGURE-OF-EIGHT</p>
<p>BALLOON: <i>Imagine the balloon is blowing in the wind</i></p>	<ul style="list-style-type: none"> • Gently pat the balloon up - where will it land? • Can you pat it back? <i>(A smooth object such as a wooden spoon or a fly swatter can be used to bat and balance the balloon)</i> 	<p>SWATTING SWATTING BOUNCING BALANCING CHASING</p>
<p>FEATHER: <i>Imagine the feather as the foliage and the breeze</i></p>	<ul style="list-style-type: none"> • Gently stroke the feather over the skin on hands / fingers / forehead / chin / nose • Hold the feather and blow on the fronds • Gently blow the feather upwards • Cup your hands and blow the feather - can you catch it? 	<p>BLOWING STROKING TICKLING FLOATING WAFTING FANNING CATCHING</p>
<p>LEAVES / ACORNS:</p>	<ul style="list-style-type: none"> • Use to create a sensory experience - 	<p>ROLL SMELL SCRUNCH PINCH SQUASH</p>