

Calm the Storm

A Dance Party That Can Help Us Listen

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Time Needed: 10-20 minutes

Arts Focus: Dance

Age Range: 4-7

Mini-Lesson Description:

In this lesson, learners will practice dancing and freezing to music. This can help learners focus their attention, while also getting into their body and letting out some energy.

Key Concepts:

Moving the Body; Learning to Listen; Following Directions; Mindfulness; Stillness; Breath.

Materials Needed/Prep:

- About a yoga mat's worth of space (or more space if you have it!)
- A fun song and a way to play it (or sing it!)

Step-by-Step:

1. Begin by explaining how dance can help us learn about the way our body moves. You and the learner(s) can share about a time when you were moving really fast or being very still.
2. When the music plays or you sing, the learner(s) dance. You can dance along too if you'd like, and provide examples of how to dance for the learner(s) if they need it. When the music or singing stops the learner(s) must freeze until the music starts again.
3. When freezing, ask the learner(s) to take a moment to notice their breath. Encourage the learner(s) to see if they can be as still as possible, but still feel their breath moving in and out of their body.
4. Try different prompts for how to dance: as fast/slow as you can, like your favorite animal, down low to the floor, or high up on your tiptoes.
5. Try different prompts for how to freeze: balancing on one leg, with hands on the floor, or with your head touching the floor.
6. Vary between long periods of allowing the learner(s) to dance, and rapidly starting and stopping the music.

Variations and Next Steps:

- Get creative with your dancing and freezing prompts! There are all different ways to spark the learner(s) creativity and keep them interested.
- You could also dance instead of singing or using music: when you move, the learner(s) move, and when the you stop, they must pause as well.
- You can also do this whole activity from a chair. While seated, focus on moving different body parts one at a time (example: *'This time dance with just your nose!'*) to keep the activity going.