



**MAKE ART
ANYWAY.**

ART ACTIVITY
INSTRUCTIONS:

**EXPLORING ENERGIES
IN DANCE**

@ARTSCORPS

#MAKEARTANYWAY

EXPLORING ENERGIES IN DANCE

Discipline: Dance

Duration: 20 minutes

Age Range: Ages 7+

Creator: Hayley Shannon

Contact:
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Materials:

Space to move safely in,
3 found objects with
different textures, paper,
and writing utensil

Vocabulary:

Energy
Shape
Choreography
ABC form

Moving with music feels great and gets oxygen and blood flowing through our body and brain. We will “hunt” for objects in our space or nature that inspire us to create a dance and write a creative story. Let’s see how creative we feel after dancing!

Learning Goals:

- You will learn how moving with different energies warms up your body and helps you feel lively.
- You will learn how to organize a dance to create choreography.
- You will learn how objects from your environment can inspire choreography and creative writing.

Activity Opening:

In dance an **energy** is the quality of a movement: smooth, sharp, swiny, shaky, etc. Let’s explore moving in different ways with each energy in a **freeze dance**. When the music plays, you dance, when the music stops you FREEZE. Let’s try! Practice freezing in a **shape** during the pause in music with control of your muscles.

Here are some energies matched with moves:

- skip **smoothly**
- turn **shaky**
- kick **sharp**
- swing **sillily**

Can you make a shape that shows your favorite energy to move with so far today?

Steps/Instructions:

Now that we have warmed up our body and brain by moving in many different ways, let’s create our own dance. We call a plan for a dance **choreography**.

1. Collect 3 objects with different textures from your environment. For example: a rock, a stuffed animal and a leaf.
2. Now we will explore moving the “energy” of each object.

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First, look at and feel the texture your object.

Then, set it down and move this feeling in your body. Notice if you are moving with smooth, sharp, swifty or shaky energy. Try moving with different body parts, levels, staying on the spot or traveling through space. Notice movements that you like and “copy, paste, save” them in your memory for later. Do this for all 3 objects.

3. Now we will choose an order for your dance. Choreographers (people who are making a plan for a dance) plan dances with a clear beginning, middle and end. We will call this an “ABC Dance” because it will have three sections. Decide which object you want to dance first (A), second (B) and last (C).

For example:

- A. smooth rock rolling
- B. shaky stuffed animal leaping
- C. jagged leaf falling sharply from high to low.

4. Choreographers also like to organize their dances with rhythm by counting the pulse of music. Practice counting to 8 in an even rhythm for each section while doing your movements.

5. Now try it with music! Start and complete your dance with a clear shape to signal a clear beginning and ending to your audience.

6. See if you can “perform” your dance for an audience without speaking aloud, with a clear beginning, middle and end, and remembering your plan.

Share your stories with us here at Arts Corps!

Activity Closing:

To cool down, write a story about your three objects. “Once upon a time there was a ___, ___ and a ___...” Consider sharing your story with Arts Corps or sharing how dancing made you feel today.

**CLICK HERE TO WATCH THE VIDEO
VERSION OF THIS LESSON.**

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