

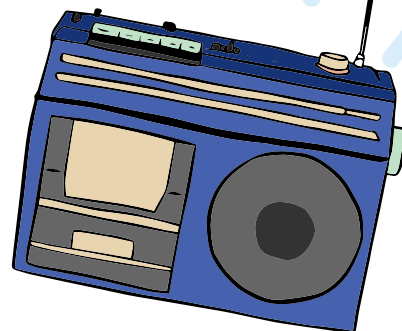
Finding Math

With a partner, take turns creating a new dance to your favorite song! Use big body movements to explore rhythm, pattern, shape, and turn taking.

MATERIALS

- Space to move
- Music player

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Room to Groove

Find an open area in your home or outside that has lots of space for your dance moves. If you need to, you can temporarily push large objects like furniture out of the way.

Safety first! Be mindful of anything that has sharp corners or edges, rugs or carpets that might slide around, or items that are breakable.

Find a Rhythm

Pick a song to dance to! It should be something you enjoy that you don't mind listening to over and over again while you practice.

Once you have your song, close your eyes and listen to the rhythm. What parts of your body want to move? Arms? Legs? Hips? Head? How do they want to move? Fast or slow? Big or small movements?

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Your Move

Now that you've got a feel for the music, start choreographing your dance. You can do this on your own, or with a partner. If you have a partner, take turns. Experiment with different patterns and shapes! For example, you might suggest three claps, then your partner might make two arm circles.

You may not always have the same ideas, but that's ok! Compromise is an important part of making art together.



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Dance Lessons

When you've finalized your dance, teach someone else! Try showing them step by step. When they have the first move down, move on to the next. Teaching things to others helps reinforce those same movements and ideas in our own brains!

Just Dance

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Use this page to keep track of your dance moves. What move is first, and what comes next?

