

# The Human Body in Different Cultures — Movement and Dance

Base Sheet

Activity Sheet

The child explores how different cultures celebrate the human body through movement and dance traditions. This connects the science theme (body/skeleton) with cultural appreciation and physical expression.

## What You Need:

- Pictures or short videos of dance traditions
- Open floor space for movement
- World map (to locate origins)
- Music from different cultures (optional)
- Scarves or ribbons for movement (optional)

## Steps:

1. 'Our bodies are made for MOVEMENT! People in every culture express joy, tell stories, and celebrate through dance.'

2. Present 3-4 dance traditions with pictures or short video clips:

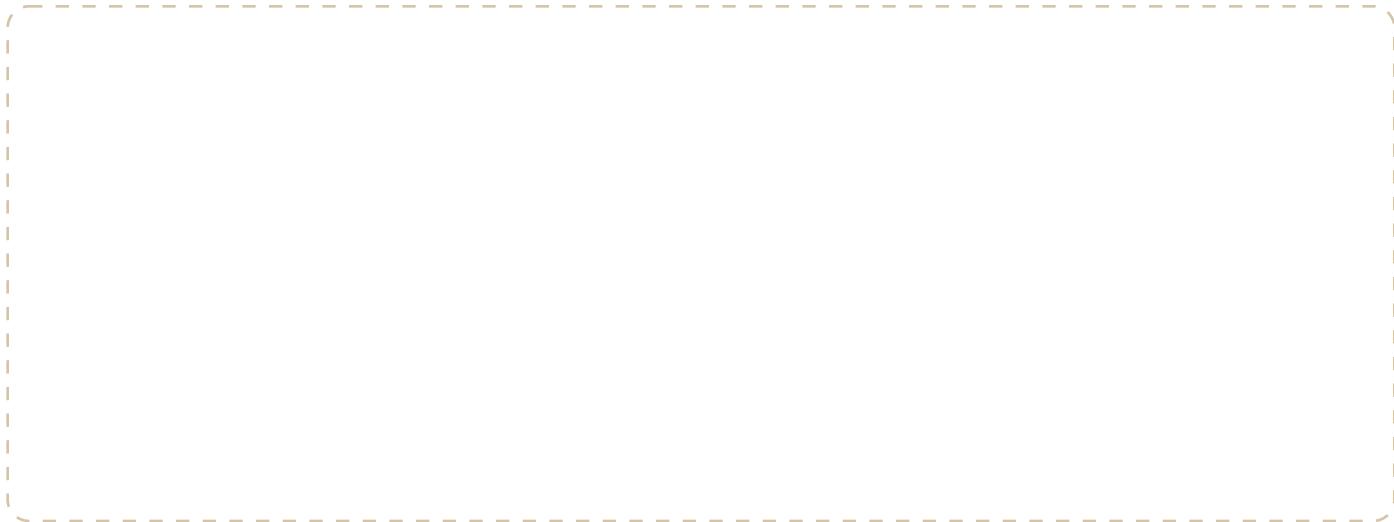
- Hula (Hawaii) — storytelling with hand gestures
- Ballet (Europe) — precise, graceful movements
- Capoeira (Brazil) — martial arts mixed with dance
- Bhangra (India/Punjab) — energetic celebration dance

3. Try simplified movements from each tradition.

4. 'Which bones and muscles are you using when you dance?'

5. Connect to skeleton: 'Your bones are the FRAME, your muscles MOVE the frame, and dance is what happens!'

## Work Space:



Montessori Homeschool • Print on US Letter (8.5 x 11") • Activity sheet — print on standard paper