

EXPLORING SPACE AND ENERGY

Dance these words and feel how the energy of the room changes

Shake the space

Jab the space

Push the space

Poke the space

Shatter the space

Tickle the space

Slash the space

Press the space

Swat the space

Dodge the space

Strike, shove, and squeeze the space

Caress, mooch, and mould the space

FREEZE in space.

Teacher's notes

The following poem and the associated movement activities can be adapted to suit students from level 1 to level 8.

Use this activity to:

- physically warm and focus students for dance activity
- increase students' dance and language vocabulary
- encourage students to develop their own ways of moving
- develop student confidence in exploring movement and sharing the general dance space safely
- practically explore action words through movement using a variety of energy levels and movement qualities.

Variation: Create your own class or group poems by replacing the action words with other action words.