DANCE & CREATIVE MOVEMENT BOX

Put the following items in a box in your classroom:

- Scarves
- Colored tissue paper or tissues
- Crepe paper streamers (even a toilet paper roll)
- Elastic tape for stretching or pulling
- Bubbles
- Maracas, or a sealed container 1/2 full of dried macaroni
- Dancing socks: bells sewn onto top of ankle socks (nonskid soles give children extra traction while dancing)
- Favorite dancing DVDs or CDs
- “Inside balls” (Superball or Styrofoam ball)
- Flashlight or glow stick (please check age requirement to see if appropriate for your child)
- Music
- Instruments (See Music Box)

We could:

- Create a dance with flowing scarves, tissue paper, or crepe paper.
- Stretch, using elastic tapes (found in sewing centers or variety stores). Sew the ends of tapes together to make a huge elastic band.
- Dance with balloons and/or bubbles to all kinds of music.
- Bounce or throw “inside balls” in new and inventive ways.
- Create dances in the dark with flashlights or glow sticks.
- Shadow-dance in a dark room in front of a light source.
- Write your name in the air with different parts of your body.
- Follow the leader by dancing facing a partner and imitating the movement.
- Dance and move in front of a mirror.