

DANCE & MOVEMENT

01



TURN EVERY ACTION INTO MOVEMENT

Walking, stretching, jumping – even small movements can become part of a dance.

NOTICE HOW OTHERS MOVE

Observe without judgement. What can you learn from different movement styles?



02

03



DANCE YOUR MOOD

How would 'excited', 'calm', or 'confused' look in your body? Try it out.

USE THE SPACE AROUND YOU

Move close to the ground, reach up high, or move across the room.



04

05



USE YOUR BODY, OR JUST ONE PART

Try moving only your hands, shoulders, or head, then slowly add more.