

Extreme Earth Dance Activities

1. Try this activity with a friend or family member. Choose a topic, such as sports, animals, colours. One of you will call out a word linked to your topic. The other will then have to create a movement to fit with that word. For the topic of sports some example words could be: pass, ball, defender, football, goal etc.



2. Try this activity with a friend or family member, or play this on your own. Choose a short story (fairytales work well). You will then need to create a dance to tell the main parts of this story. Remember it is a dance, so no speaking!



3. Play this activity with friends or family members. Choose a specific type of movement, for example: a jump, a twist, a leap, a hop. You then play against one another to see who can create the most different types of this movement.



4. Complete this activity with a friend or family member. Choose a natural disaster (tornado, volcano, earthquake, tsunami). You must then create a dance motif where both of you work together to show how this natural disaster moves.



5. Play this activity with friends or family members. One of you thinks of an emotion - do not reveal this to your partner! This player then performs a movement to represent this emotion. The other player must try and guess this emotion. Repeat, swapping roles.



6. Can you create your own dance linked to the topic of Extreme Earth? Once you have created it, try teaching it to a friend or family member.

