

Emotions/Gestures

<p>CLASS AGE. Yrs 3, 4,5,</p>	<p>DURATION. 5-10 mins</p>	<p>EQUIPMENT. Optional music. Suggested music to use as a background Hello/goodbye The Beatles</p>
<p>FACILITY. Hall/Outdoors</p>	<p>ACTIVITY TYPE. Warm Up/Fun activity</p>	<p>This is a simple easy to deliver warm up Dance/Movement activity, ideal for inexperienced or unconfident delivering Dance. This is also a great icebreaker.</p>

AIMS.

- To increase heart rate
- Mobilization of body,
- To increase spacial awareness and movement pathways,
- To develop creativity and confidence
- Understanding of different emotions

MAIN ACTIVITY

Start class moving around the area in any direction. Remember that children will tend to walk around in one direction which creates a big circle, to counteract this change the direction frequently , ask them to walk in different directions, try to move in the opposite direction to the flow and weave in and out of the children to create more movement pathways.

Introduce emotions one at a time starting with **HELLO= Walking fwds, swinging arms, confident strides.** **GOODBYE= Walking bwds, looking behind.** **ANGRY=Stomping, stamping big heavy steps.** **SAD=Small turning on the spot finishing sitting on the floor.**

Other emotions to add could be Nervous, Scared and Excited, the children will happily invent movement patterns for these and other emotions/gestures they may suggest.

