

# ACTION WORDS

by dance artist Sarah Greener

## TASK:

What are your favourite actions?

We like stretching, running, jumping and twisting.  
Let's create a sequence using your favourite actions.  
You will need a piece of paper and a pen to start:

1. Write down your favourite actions (you can also use our examples above).
2. Now try out the actions you have written down.
3. How could you improve them or perform them in a different way? Could the actions be bigger or smaller, faster or slower, could you perform them smoothly or roughly? Decide your favourite way of performing each of the actions on your list.
4. Join these together in any order you like to create a sequence.

# ELASTI GIRLS AND BOYS

by dance artist Sarah Greener

## TASK:

Do you know Elastigirl from *The Incredibles*?  
She's super stretchy like elastic!  
We're going to create some stretchy shapes  
and become Elasti Girls and Boys.

### Stretching high:

- / Stretch up as high as you can.
- / Think of the different shapes and movements your stretchy arms can make.

### Stretching low:

- / Stretch down low to the ground.
- / Think of the different shapes and movements your stretchy legs and body can make.

### Stretching together:

- / Ask your grown up or sibling to join you.
- / Create different stretches together:
  - You can stretch holding hands. You can stretch making contact with different body parts.
  - You can start apart and stretch towards each other.
  - You can stretch at different levels – one of you can do a high stretch and the other do a low stretch.
- / Can you link your stretches together to make an Elasti dance?

# STORY TIME

by dance artist Tarika Ingram

## TASK:

Dance can sometimes tell a story.

Let's create a sequence using your favourite story book:

1. What can you see on page one of your book? Make an interesting shape from the first page of your book (your shape could be of a character, an object or a scene from the book).
2. Your shape can be up high, down low, twisting, on floor and so on.
3. What can you see on the next page of your book? Create a new shape for the next page of the story.
4. Go back to your first shape. Remember it. Now try moving from your first shape into your second shape. You can do this by jumping, twisting, rolling.
5. Keep going, creating a new shape for different pages in your book. Build a dance sequence by linking all of your shapes together as described in step four above.

### Extra challenge:

1. Teach your sequence to your grown up or sibling.