

Dance: Toys Activities

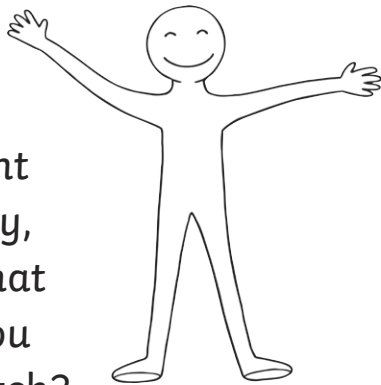
1. Play with some play dough if you have some. In what different ways can you roll it?

Pretend you are a piece of play dough. How will you roll? What shapes can you make?



2. How high can you stretch?

Can you stretch out in different directions? Try stretching different parts of your body, high and low. What expression will you make as you stretch?



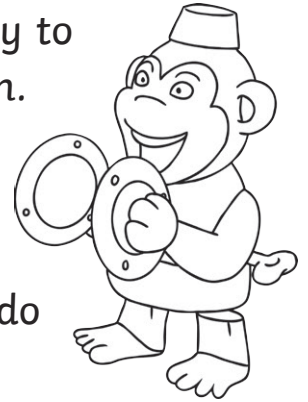
3. Play with a ball. What can you do with it?

Pretend to play with a ball. Can you be a ball? How many different ways can you move?



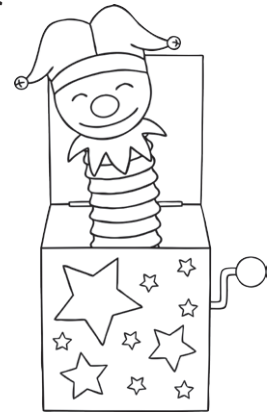
4. Pretend to be a clockwork toy. Try to move to a rhythm.

Remember to slow down as you run out of energy. Can you do any tricks?



5. Try being a Jack in the Box. Start curled up tight and explode out of your box with a jump.

What different shapes can you make as you burst out? What expression will you have on your face?



6. Can you march like a toy soldier?

Try marching on the spot with straight arms and legs. Move opposite arm to opposite legs. Now march around the room. Can you march to a beat?

