



Have a dance party with your family!

*See movement videos at <http://mcdonaldmovement.weebly.com/>, click on Our Work and scroll down to your grade level



5th and 4th Grades: Write out a short sentence saying something good about doing school from home. Spell each letter of the sentence using your entire body in a shape choosing 1. if movement is heavy/light and 2. different levels. Find a way to move each of the shapes representing the letters in your sentence. Find creative ways to move from one shape to the next. Show your finished dance to your family and get them to join in!



3rd Grade: Turn on music you like. Have someone in your family stop the music at random times just like freeze dance. Every time the music stops try to create a different shape with your body. Once you feel comfortable with this try to make shapes at a low level, a medium level, and a high level. Try to get your whole family involved in your freeze dance game. Make a shape with a partner.



K-1st Grade: Do each of these movements using your whole body, very big, then small:
1.Jump 2.Turn 3.Walk 4.Slither 5.Roll 6.Skip. Make a shape between every movement.

Now make a shape and do each of the movements while holding that shape. What does your shape feel like? What does your shape look like? How far apart are your body parts (big shape)? How close together are they (small shape)?