



FIVE WAYS TO PLAY

Visit bit.ly/fivewaystoplay
M,W, & F at 10:30 am and T,
TH at 3:30 pm for a short live
demonstration!

Choose several locations around your home to become "planets", e.g. the dining room table. Each planet will have a unique theme, music, and locomotor or non locomotor movement. Once you "land" on each planet, do what "they" do there (ex: This is the planet of rolling, flicking and skipping. In order to survive on this planet we must...). After exploring the planet in full, load up your rocket to exit and say: "imagination blast off!" to transport to the next planet.



Introduce the concept of linear sharp movement. Have everyone explore it with their bodies. You can also introduce body anatomy terms, like joints, and bones. After exploring linear movement, introduce circular soft movement. Have everyone explore it with their bodies. You can also introduce anatomy terms like blood, veins, muscles. Once clear, and the exploration has been thorough, explore creating characters using linear or circular movement.



Draw a monster that no one has ever seen before. After everyone has drawn their monsters, ask them to come up with a name for their monster. Next, have them sit (or stand) like their monsters sit. You can take time to talk through each of the body parts. Next, think about your monster's voice: Ask what they had for breakfast. Finally, give everyone the opportunity to come up as their monster, share their picture, tell us their name and let out their monster roar.



Select a few photographs featuring people of varying ages and in various positions/states of being. Have everyone choose one photograph. Ask them to copy exactly what they see, and to imagine he/she was that person. Once they hit their "pose" ask him/her to develop in movement the character of the person. Tell the story behind the photograph; develop a beginning by striking the pose, middle by developing the character, and then an end by striking a final pose. Be sure to compare the fiction with the real story!



Imagine you are on a desert island and only have one object (a coffee can with plastic lid or a jump rope with silver metal handles, etc). You have one minute to think of as many uses for this object as possible. After the minute is up, have everyone share their favorite ideas. Change the item and start all over again!



MAR 30 - APR 3