

Tracing the World

Dance & Movement



Set up: No set up needed

Consciously Breathe

- Look your partner in the eyes and say, “Let’s breathe together”
- Take three deep inhales and exhales together

Sing and Move

- Sing the song together: “Row Row Row Your Boat.” (See lyrics if needed.)
- Begin to make up easy movements to go with the song.
- Invite your partner to mirror your gestures.
- Repeat the song without the lyrics (use la-la-la) and enlarge the gestures.

Call and Response

- Say the words below and have your partner repeat after each line
- Start by saying, “Repeat after me.”

And the seasons
they go round and round
And the painted ponies
go up and down

We're captive on the carousel of time
We can't return we can only look behind
From where we came
And go round and round and round
In the circle game

--Joni Mitchell

Create Together

Materials:

- An object that is a circle
- An object that is an interesting shape
- A piece of paper and pen/pencil.

Process

1. Set the objects on the table.
2. Trace the circle object with your finger.
3. Invite your partner to do the same.
4. Do this together.
5. Invite your partner to trace the other object and you will do the same.
6. If this doesn't work, trace the object yourself and invite your partner to follow you.
7. Ask your partner to see what other shapes in the room he/she sees. Table? Placemat? Spoon? Whatever shapes they see, trace them with your finger.
8. Invite your partner to find an interesting shape in the room – anywhere in the room. Move to the object and trace it together, mirroring each other's movement, until it feels like a dance.
9. Repeat as long as it works...discover shapes in your home, or outside the window that you can trace together as a dance.
10. Sit down and see if you can draw any of the shapes that you traced.
11. Write down a story of what you did together. "Today, Bill and I traced the tree outside the window. We see it everyday, but today, we saw it differently. Today we turned it into a dance. Can you find a shape in your home to see anew? Tell us about it." Send the note to a family member or friend.

Celebrate Each Other

- Positively acknowledge a moment of accomplishment
- Examples "Dancing and singing with you made me smile;" "The color you picked made me happy;" "I loved laughing together when we said the poem.")
- Savor the moment