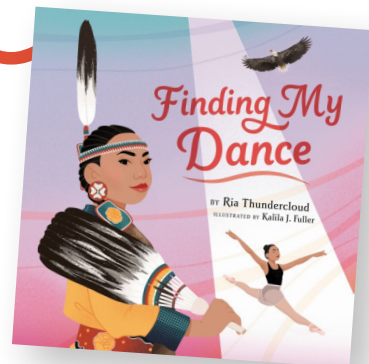




Bodies in Motion

DANCING WITH TRADITIONS



RESPOND to the book *Finding My Dance* and author Ria Thundercloud's description of the benefits of dance for self-expression and cultural connections. Body movement is an important way that people communicate what they are thinking or feeling. Identify a space where you can safely stretch high and low, bend to the sides, and lean forward and backward. Try out dance movements you have seen or just learned about. Move your feet, legs, arms, shoulders, and head and freeze in a pose every few minutes. Enjoy the stillness. Look around at others and notice their poses. Make a mental image of interesting poses made while moving and "freezing."



CREATE sketches of bodies in motion using any dance steps or poses you'd like. You could sketch an image of several different dance styles frozen in time. Or you could draw a multi-step choreographed dance, showing how the series of movements flow from one to another, by drawing arrows between the boxes.

SKETCH BODIES IN MOTION, FOCUSING EITHER ON FOUR DIFFERENT DANCE STYLES OR FOUR STEPS TO ONE CHOREOGRAPHED DANCE.



Finding My Dance
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Education

**Turning Today's Interests
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Thinking Sheet

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Bodies in Motion

DANCING WITH TRADITIONS



PRESENT your bodies in motion, both as you drew the sketches on paper and by demonstrating the dance movements with your body, as you are able. Play different types of music to prepare for the dance presentations—some fast, some slow, and with distinct musical styles, such as drumming, Mariachi, orchestral, ballad, or hip-hop. What works best for the dance movements you drew and will perform?



MUSICAL STYLE

HOW DOES THIS FIT THE DANCE MOVEMENTS?



CONNECT the dance movements with other aspects of the cultural connection. For example, why might an eagle or horse be important in some dance ceremonies? What movements did you observe in several cultures' dances, such as clapping or foot stamping? How do various dances involve partners or community members who switch places during the dance? What are ways the audience can be respectful of cultural traditions and avoid making assumptions about others' dances?



Note for teachers and parents:

For more creative inspiration and hands-on explorations go to Crayola.com/CreativityWeek
To share student artwork on social media please post using [#CrayolaCreativityWeek](https://twitter.com/CrayolaCreativityWeek)
We can't wait to see what they create.



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