

Try this at home

Pick an activity and get creative.

You should be able to find everything you need at home.



Activity 1

Create a warm-up and cool down routine

you could do before a dance class to a favourite piece of music. Which muscles do you need to stretch? Which body parts will you use the most? Try them out on a friend or family member.

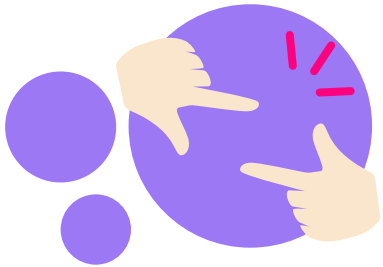
Activity 2

Choose a favourite book or film and create a mime sequence to tell the story from start to finish.



Activity 3

Create a freeze-frame from a scene in your favourite film using toys and any other props you can find.



Activity 4

Choose a favourite character. Dress like them, adopt their movements and try to speak in their voice. How long can you stay in role for?



Discovering 'connections' with MOVES

Colour
me in

sky arts

Access all Arts

Access All Arts is a nationwide week where children across the country celebrate the arts and nurture their creativity, developing skills and confidence along the way.

Your child has been rolling their sleeves up and getting stuck into a week of arts at school. This year's theme is Connection, which means they have been reflecting on their unique bonds with friends, family, and the wider world. In the Moves module, they have explored the magical power of movement and discovered how moves can connect us to one another.

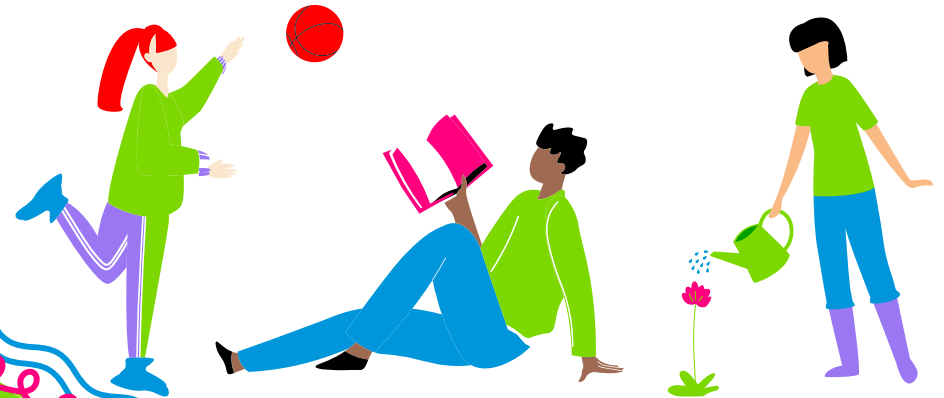
Now it's time for children to continue their Moves adventure at home, boosting wellbeing and self-esteem along the way.

Why not dip into the activities here to continue their creative journey?

Discovering your favourites

Create a movement sequence that incorporates all your favourite hobbies.

You could include basketball, reading, even gardening! Perform it to someone. Can they guess the activities you feel a strong connection to?



Discovering dance crazes

Research a dance craze that interests you.

Where did it come from? When did the craze happen? What do you like about it? Draw pictures and write notes in the box below.



You could explore The Charleston, The Harlem Shake, The Twist, YMCA, the Macarena...or many more!

Discovering costumes

What if your favourite book was being made into a play?

Imagine you are a costume designer, design the costumes for the main characters. How will their clothes relate to their personality and the story?

