

12 DANCE FOR JOY



0337CH12

Dance means telling a story using your whole body and finding ways to express yourself without words. It also expresses day-to-day activities in a stylish and artistic manner. Dance can be filled with lots of new things where each individual can come up with new ideas and movements.

ACTIVITY 1 Know my Body Parts

In this activity we are exploring the parts of our body.

- You can breathe in while raising up your hands.
- By doing so you will feel an enhancement of your energy level.

Our breath is like music in our dance. Breathe in and out as in Yoga.



Try to move your body in a rhythm of four beats with the breathing exercise. As our body is a magical kit of amazing parts, you will find many ways of expressions as you explore yourself.

In dance, body parts are divided into two types—

1. Large body parts
2. Tiny body parts

Large Body Parts

Head, arms, legs and waist.

Tiny Body Parts

Shoulders, eyes, eyebrows, eyeballs, cheeks, nose, jaw, lips, teeth, tongue, chin face, limbs — heels, ankles, toes and fingers.



Time to Shake!

Now it's your turn to use both large and tiny body parts. Show the movements of your body parts to express daily tasks you perform.

ACTIVITY 2 Move the Body to the Rhythm

Think or imagine that you are playing outdoors amidst nature with your friends. Show how you will be using your eyes, nodding your head, lips, hands, fingers, hopping or taking large steps to run in excitement.

At the same time, imitate how birds, animals, and trees use their large and tiny body parts. Also, use the rhythm in small movements, sing in rhythm and dance.

For example, one, two, three, four – four, three, two, one. Lets dance our routine!

Come on ... put all the above tiny activities together and show your routine activities through dance.



**Make up a dance
that tells a story
about your routine.**

ACTIVITY 3 Routine Story in Dance

Use your body to show—

- Waking up
- Having breakfast
- Eating tasty food
- Having a large amount of homework
- Riding a bicycle
- Any other movement
- How an old person walks
- You are flying like a bird in the sky.

Make your whole body involved in telling a story of your own. You are a story teller and this dance is a special tale.

Did I learn big and tiny parts of my body and how are they used in the dance?

How did I tell stories?

Am I good at coordinating with my friend?



Notes

ACTIVITY 4 Your Folk Dance

Traditional or Folk Dance

Have you heard the word **folk dance**?

Folk dance refers to traditional, community-based dance forms, performed while celebrating festivals. This dance differs from one region to another.

Teacher's Note

Suggest regional songs for the class and let groups of children dance in coordination.



ACTIVITY 5 Draw a picture of a folk dance with 3–4 people.



Have you attended any festivals?

Do you dance for festivals?

What kind of dance do you see in a festival?

Can you and your friends dance together?

Try to recall—what type of music did you hear while people were dancing in the festival?

What type of clothes did they wear?