

Unit Seven: Moving to the Music

We spent Units 5 and 6 exploring emotions through music and visual art, and now lets see if we can tie all of this investigation together with some physical movement!

Moving our Bodies to the Music

In an open space, with students safely in their personal spaces, explore the music with your bodies. Before you begin, lay the ground rules: students will stay in their personal spaces, always staying in control of their bodies.

When the music starts, have students safely move their bodies in place as the music plays. When the music stops, their bodies should stop as well. See if they can freeze their bodies in a way that reflects how they are feeling inside. When frozen, have the students look at each others bodies, and discuss how the same scary music can look different in different people's bodies. If they've imagined characters, have them freeze as that character when the music stops.



Artwork Inspiration

Remind your students of the artwork they created inspired by the music. Revisit the lines, colors, intensity, and images they drew, and see how this can inspire our body movements. *How would you move your body like sharp, jagged lines of a crayon marking? How would you move your arms and shoulders when you think of the colors you used? Was your page filled with lines, or just a few light marks? If so, how does that translate to your body movements?*



Dance can be used to support a range of school subjects. Click the image above to see science combined with dance