

Dance: Starry Skies Activities

1. Find a scarf, handkerchief or a long, thin strip of paper.

Try dancing with it. What can you make it do?

Play some music. Can you make your scarf dance in time to the music?



2. Have a go moving your body with the scarf. Can you do the same actions? Try twirling and jumping or making wiggly movements with your body and streamer at the same time.

Now pretend to be a firework exploding with it.

Can you and your scarf move in time to some music?



3. Pretend you are an astronaut blasting off to space.

Remember to put on your space suit and do a count down. What is it like to move around in your space

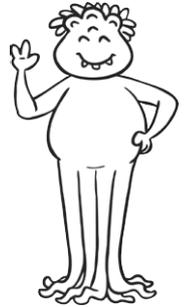
rocket? You have landed on the moon. Get out and try walking around. How is it different from walking on earth?



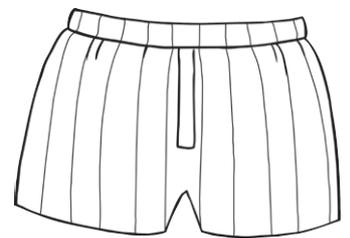
4. Imagine you are an alien. What do you look like?

Can you make an alien shape? Aliens from your

Planet say hello with a special dance. How does your dance go?



5. In the Aliens Love Underpants story the aliens love underpants. Pretend you have just spotted some from your spaceship. Fly it down to earth and then do an excited dance to show how happy you are. What kind of movements show that you are excited?



6. Sing 'Twinkle, Twinkle Little Star'. Do you know any actions? How could you move to pretend to be a star.

What movements could show that you are twinkling?

Now try moving like a shooting star.

