

Show Me What You've Got! **Instructions for a Led Compositional Movement Exercise**

This is an exercise that will get your second- through fifth-grade students up and moving and help them explore creating movement on their own.

1. Have your students get into small groups of 2 to 5 and form a circle or face each other. Have one student from each group volunteer to go first.
2. Give the student a prompt to inspire their first movement. This prompt can be ANYTHING, and the more creative, the better! Here are some examples:
 - Freestyle
 - Like you just woke up
 - Your favorite food
 - The last book you read
 - Fast
 - Slow
 - Big
 - Shaking/spinning/jumping
 - Dance with only your head/shoulders/chest/knees/feet/ears/hips/eyebrows/hands/fingers/tongue/teeth/fingernails (any body part!)
 - Do a movement on the floor
 - Move like one foot is glued to the floor
 - Worm/bird/bug/cat/tiger/frog/rabbit/chicken (any animal!)
 - Show me your favorite move!
 - Move like a robot/ an old man / your mom / your favorite singer
 - Dance like a rock / the wind / water
3. Once the first student comes up with a movement based on the prompt, have them teach it to their partner(s).
4. Now it's the next student's turn. Give them a new prompt to create their own movement. Once they have it, have them teach it to their partner(s).
5. Now, have them attach the first movement to the second movement, so they're beginning to build a movement phrase.
6. Continue this process. For older students, you might want to challenge them to see how much they can remember.
7. You can have groups share their movement phrases with each other and discuss similarities and differences, and how one prompt can lead to so many different interpretations.