

AAHPERD NATIONAL CONFERENCE - 2011 NATIONAL DANCE ASSOCIATION POSTER PRESENTATION



Handy pocket-size! Cut, fold and tape!

Alexandra Langstaff www.hullabaloodance.com

Creative Ideas Flow From Many Sources

Main Stream- Skills, concepts and goals. All the things we want to teach.

Water Wheel- Use a simple formula for your lesson plans
 "WUWU - Warm Up, Wake Up. Use The Zoom - Focus in and out. Quiet The Room- Settle in and settle down."

Crazy Creek - Add humor to normal situations and act them out.
 "First thing this morning I put on my raincoat and took a shower. My car wouldn't start so I hopped on my pogo stick and bounced to the store."

Tributary of Tunes - Give new life to old songs by changing the words.
 "Twinkle Twinkle Little Starfish, show me how to make my arms swish"

Simile Stream - Make unusual comparisons to encourage exploration and improvisation.
 "Swim like fish in honey then jump like a dog on a trampoline".

Book Brook - Use poems and stories for spontaneous creative movement and choreography.
 "Caps! Caps for sale! Fifty cents a cap!"

Rhyming River - Build vocabulary and memorization skills through rhymes and chants.
 "Bend your knees, bend them again, squat right down like a laying hen."

Programs for Creating Movement and Dance
zan@yodagamo.com