

national **dance**
company **wales**
cwmni **dawns**
cenedlaethol **cymru**

KiN
CONNECTED

MACHINES



Suggested Age 6+
Duration 10 min+
Group size 2+

Dance Task

Either by yourself, with a partner or your family, come into the space and perform a repetitive gesture. For example, this could be folding and unfolding your arms, or crouching down and jumping up again. The person or people in the center continue to move as each group member then joins to add onto the shape. Their repetitive gesture has to fit around the person or people in the center until you build a machine with lots of moving parts. The idea is that you get as close together as possible, without touching.

This activity helps to:

- Build problem solving skills
- Develop focus
- Find creative ways to use the body
- Build teamwork skills

Other ideas:

- Change the size of your movement and try the game with small and large gestures
- Once you build your machine, try to make it travel whilst staying together
- Make more than one machine and then create a transition or link between them to build a small dance choreography