

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

KiN
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MAKE THE IMAGE



Suggested Age 5+

Duration 10 min+

Group size 1+

Video: <https://www.youtube.com/watch?v=lifSFoBwLwE>

Dance Task

Using your body, recreate an image in a set time and freeze in the shape. You can use an actual picture or an object in the home, or you could give an example shape or image.

Or select some words that you think would make an exciting physical image. You could create some cards with the words on and add an image at the end to support literacy learning. Ask the dancers to choose an image from the pack. You could even

put the words into a bag and select them 'Lucky Dip' style. The dancers then guess what shape is being made!

Here are some ideas below to get you started:

- Clock
- Rabbit
- Rugby player
- Pizza
- Cat

This activity helps to:

- Build teamwork skills
- Find creative ways to use the body
- Develop focus
- Writing
- Drawing
- Motor Skills

Other ideas:

- Play with more people to make more complicated shapes
- In a group all make the same shape and one of you has to pick a winner!
- Use a whole landscape to create an entire scene - a park, a zoo, a beach
- Reduce the time limit to make the game harder
- If playing with more people, you could set a race between who completes the shape first!