

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

KiN
CONNECTED

THROW DOWN COLOURS



Suggested Age 4+

Duration 10 min+

Group size 1+

Video: https://youtu.be/Uk_we7rJVws

Dance Task

Using any kind of coloured object (for example paper spots, cushions or even toys), cover the floor so that you have a range of colours and objects evenly spread. You can turn the task into a colour treasure hunt challenge if you want at home! Once you have collected your objects call out a sequence of colours which your dancer must go to tap in the correct order.

This activity helps to:

- Warm up the body
- Learn and remember patterns
- Find creative ways to move
- Explore the space and different pathways

Other ideas:

- You can use different body parts to touch each object
- Take it in turns for other people to call out the sequence
- Add a time limit or make it a race!
- Think of other ways to move between the objects - could you move on a low level or in slow motion?