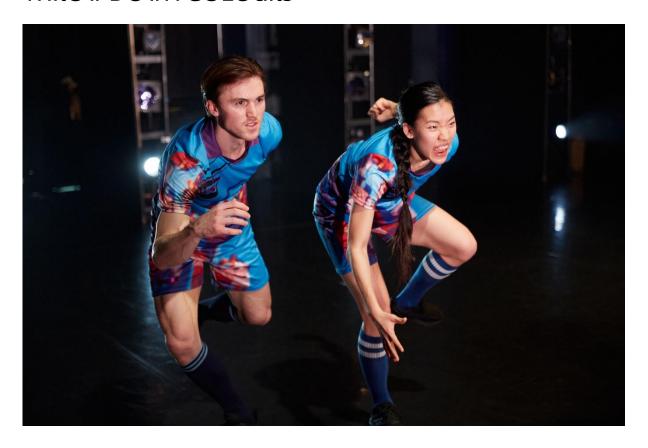
# national dance company wales cwmni dawns cenedlaethol cymru



## THROW DOWN COLOURS



Suggested Age 4+ Duration 10 min+ Group size 1+

Video: <a href="https://youtu.be/Uk\_we7rJVws">https://youtu.be/Uk\_we7rJVws</a>

#### 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?