PERFORMING ARTS – Prep Games and Self Improvement Activities.

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| **DANCE**  Follow the Link to practice your dancing and movement skills.  C:\Users\09429372\Downloads\dance dance.png  <https://family.gonoodle.com/activities/dance-dance-dance> | **DANCE**  Follow the Link to practice your dancing and movement skills.  C:\Users\09429372\Downloads\qrcode.png  <https://family.gonoodle.com/activities/clap-stomp-jump> | **DANCE**  Follow the Link to practice your dancing and movement skills.  C:\Users\09429372\Downloads\qrcode (1).png  <https://family.gonoodle.com/activities/blazer-fresh-dance-tutorial-litefeet> |
| **DRAMA**  Play with your siblings or parents  **POPCORN**  Everyone finds themselves a spot and squats down. The facilitator talks the group through the exercise.  “Everyone is a piece of corn, the floor is a big pan, and we’re going to make popcorn. We slowly start heating the pan.” As the pan gets hotter, the corn starts to `pop.` A player `pops` by jumping up, clapping hands above their head, and saying `pop.` Make sure the `popping` starts gradually, `popping` is a group thing, and in the end, `popping` should stop. | **DRAMA** Play with your siblings or parents **EMOTIONAL MIRROR**  Players are in pairs, facing each other. One talks in gibberish, with a specific emotion (angry, happy, in love, your choice). The other instantly copies the emotion of the first player and speaks in his own gibberish. There is no need to try and copy the other player’s gibberish; both players keep talking—no pausing allowed. After about 10 seconds, the second player changes emotion, and the first one immediately follows. | **DRAMA** Play with your siblings or parents **SAY IT ANOTHER WAY**  See PDF attachments for instructions |