

**Clare**

**5 questions with...  
Creative Dance Task**

**2. Make sure you have some space around you, put on your music and start to move. Start to notice how your body is moving to the music, is it in your legs, or your arms, and how is it making you feel.**

**1. Choose your favourite piece of music, one that really makes you want to move. It can be anything, fast or slow, joyful or relaxing**

**3. Start to think about the parts of your body that aren't moving, and think about how you can send the dance into those parts of your body. Do take it easy, especially if you haven't warmed up.**

**4. Maybe try and dance together with a partner, and notice how they move to the music. You could try to copy their movements, or put all your movements together into a bit of a routine.**

**5. When you have finished, sit down and draw a picture, maybe yourself moving or just what your movement felt like. You could also write some words on your picture, of how you felt, or things that happened when you were dancing.**



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