

*Children's
Creative Dance
Book*

Barbara Mettler

CHILDREN'S CREATIVE DANCE BOOK

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Book Design

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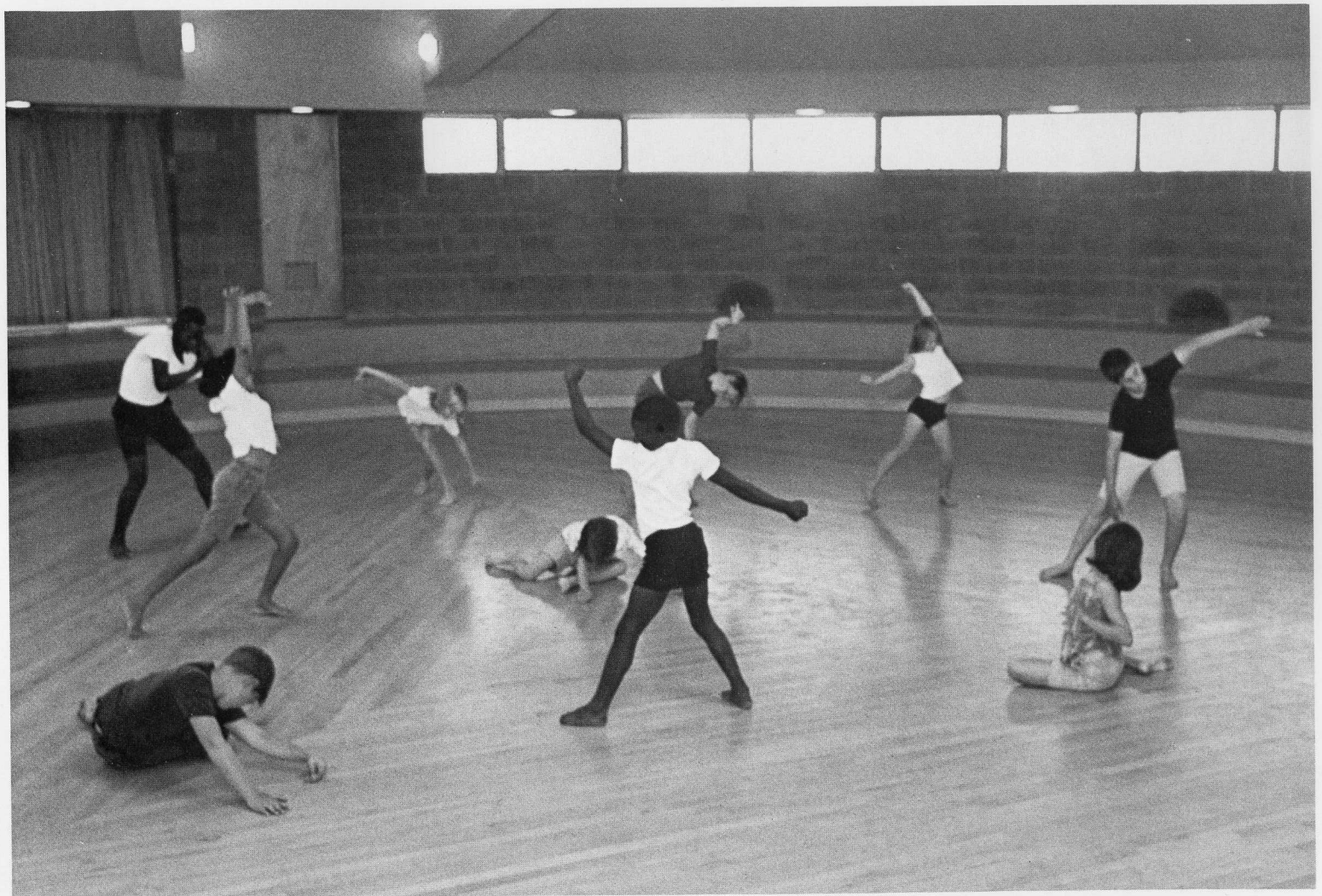
©1970 Barbara Mettler Hammer



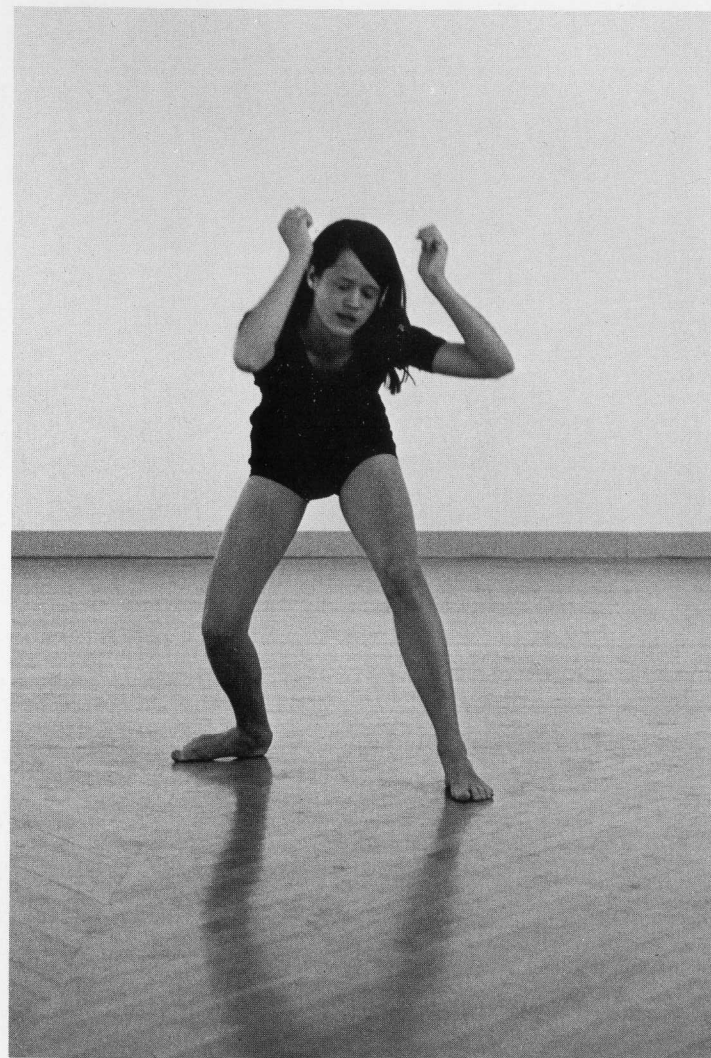
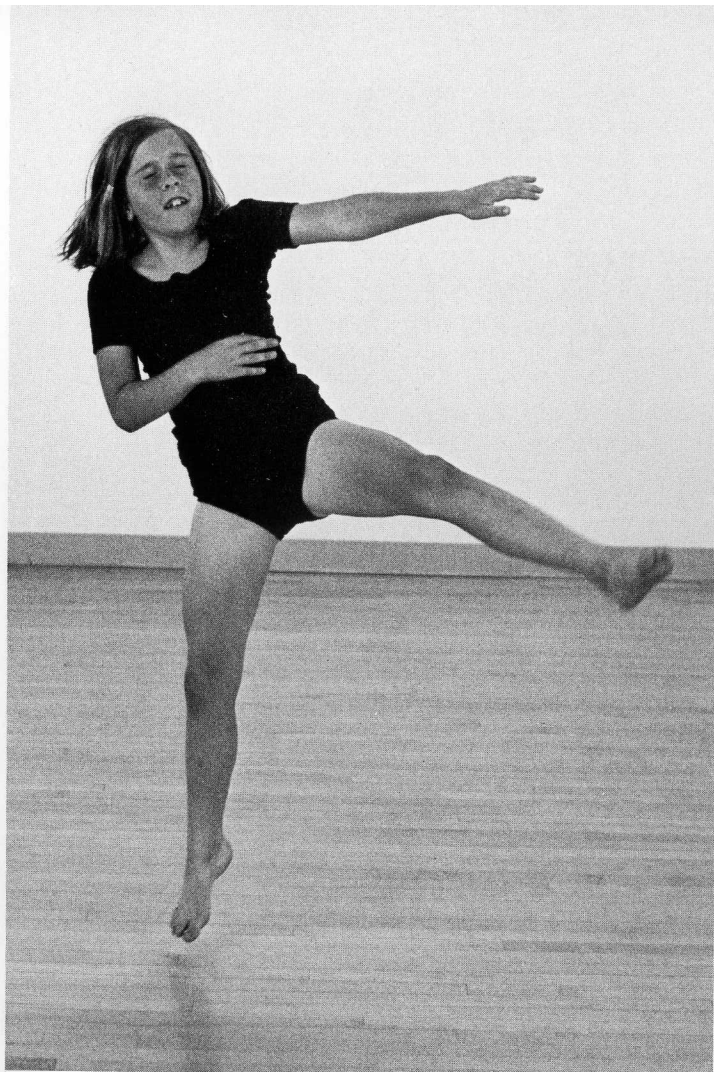
This is a book about creative dancing

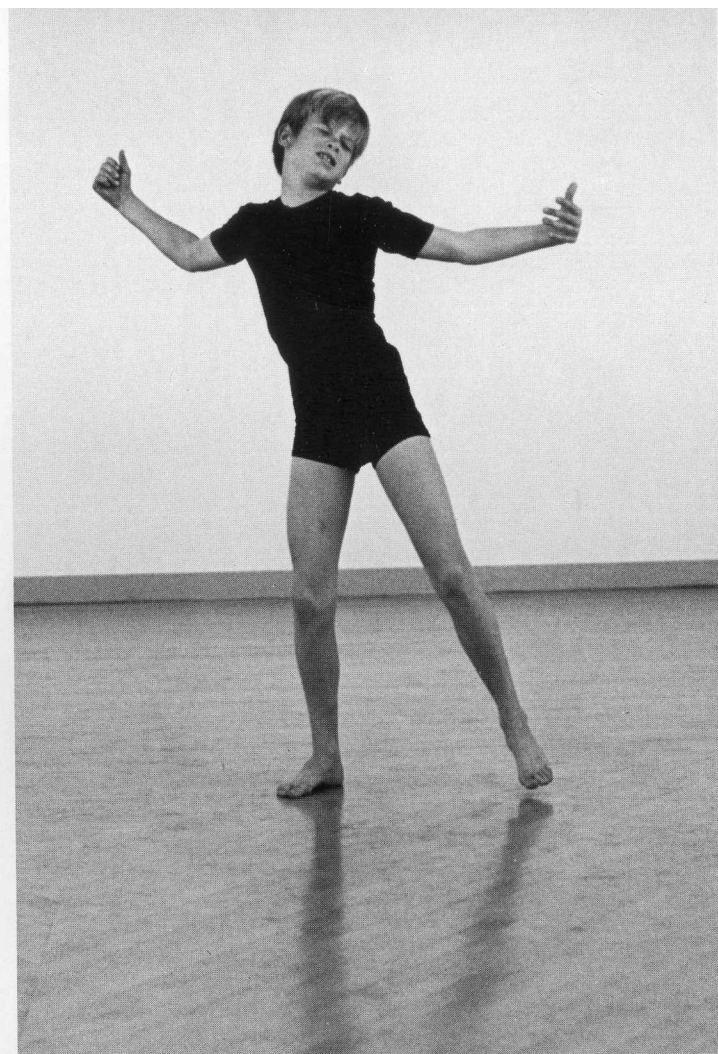
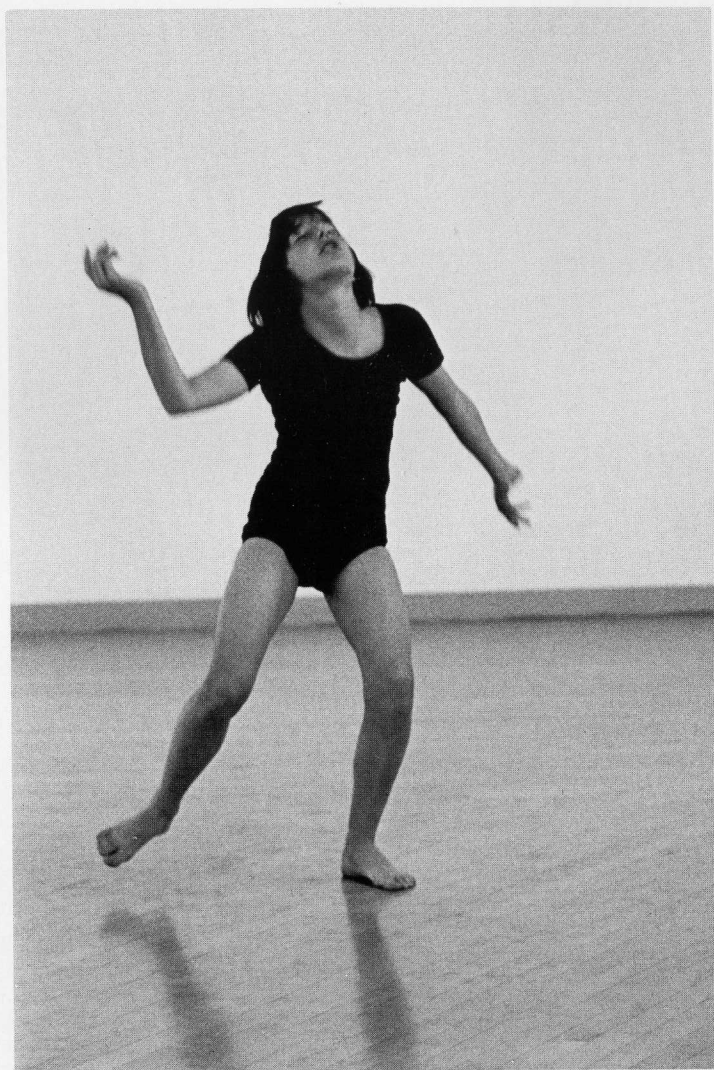


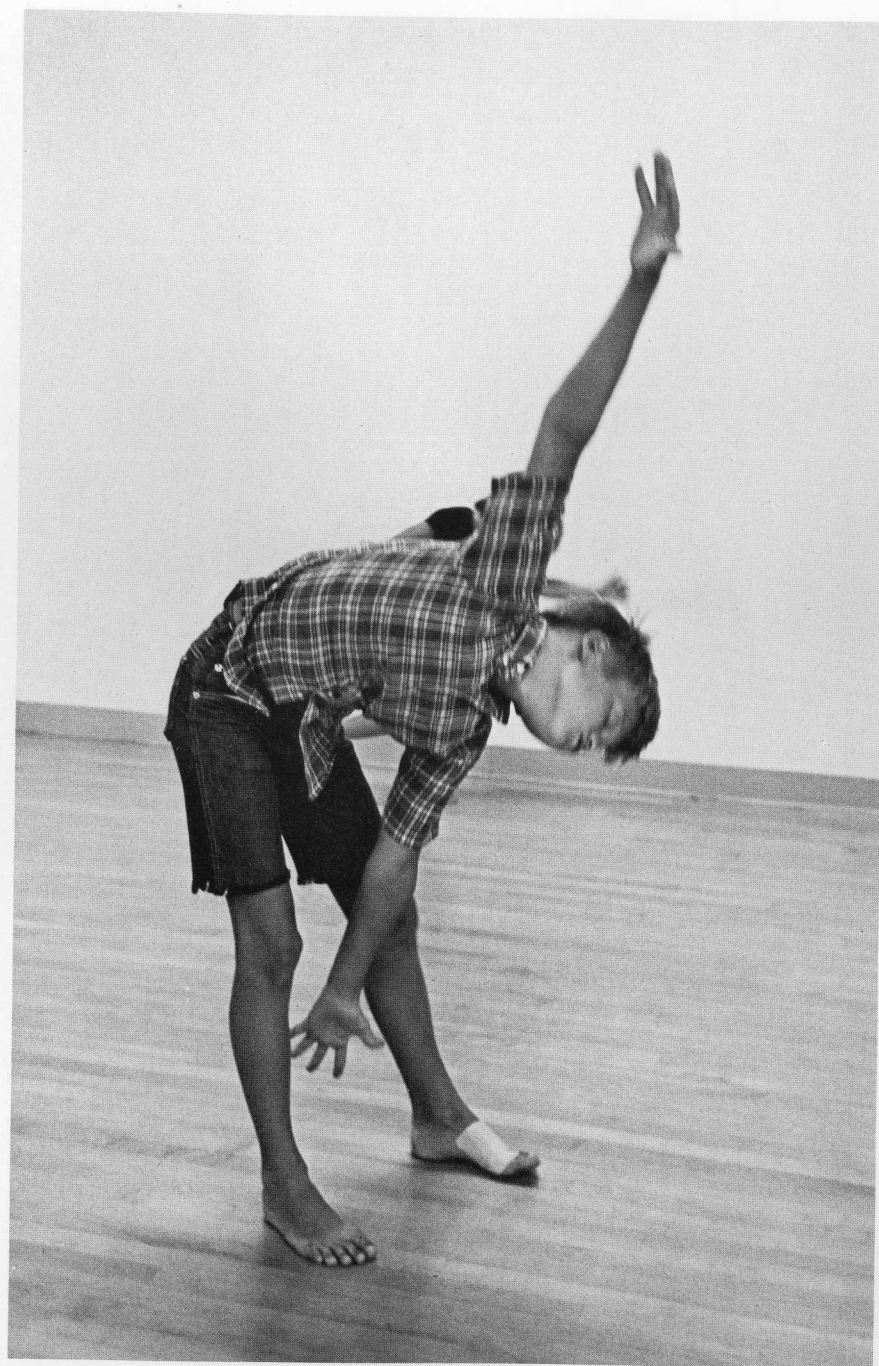
Creative dancing is fun because you make up your own movements



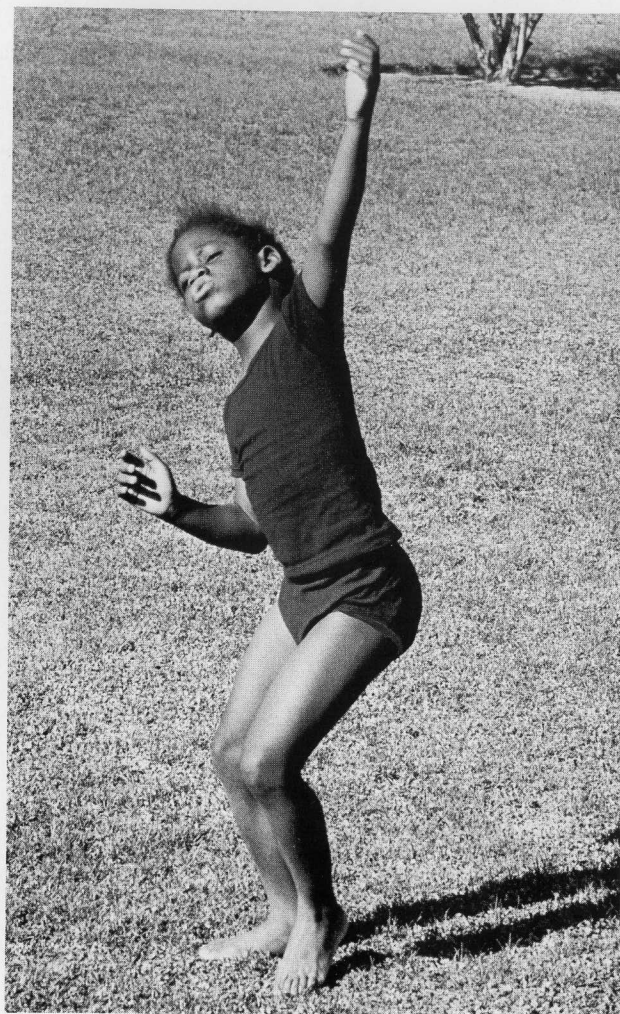
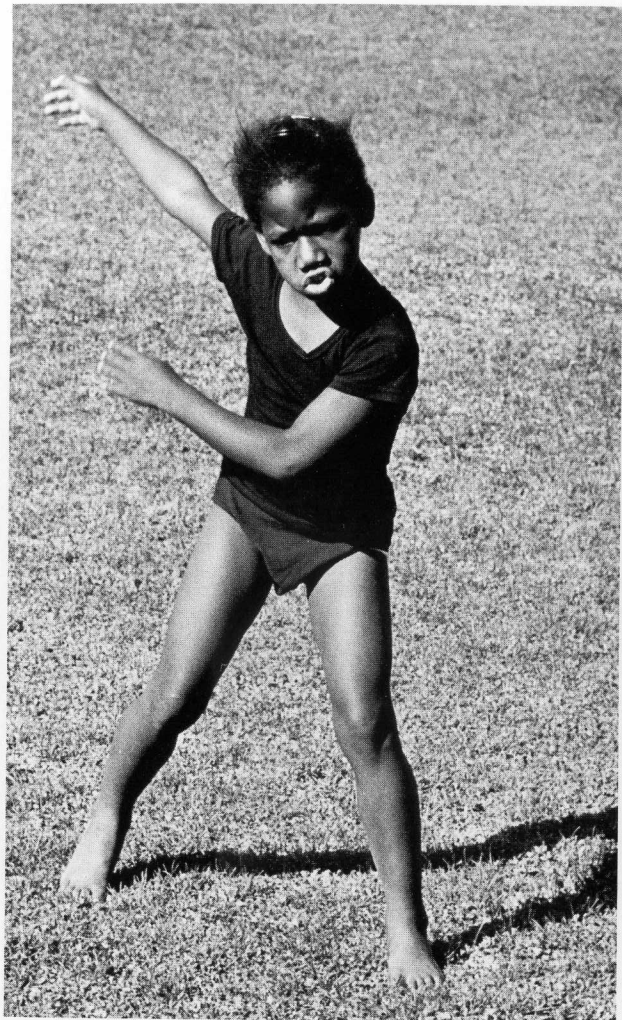
You move in any way you want to



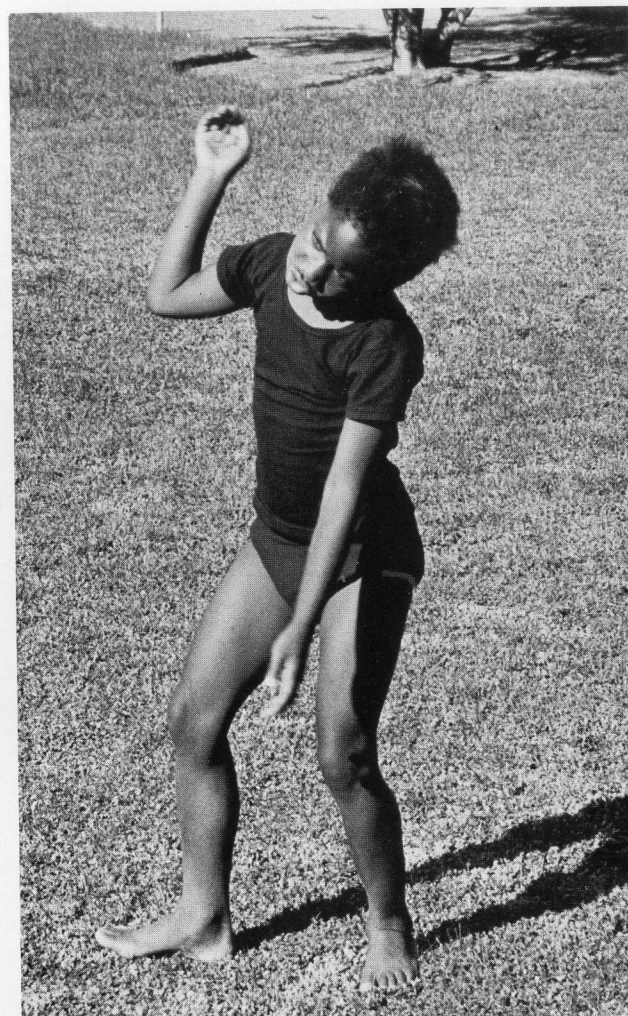








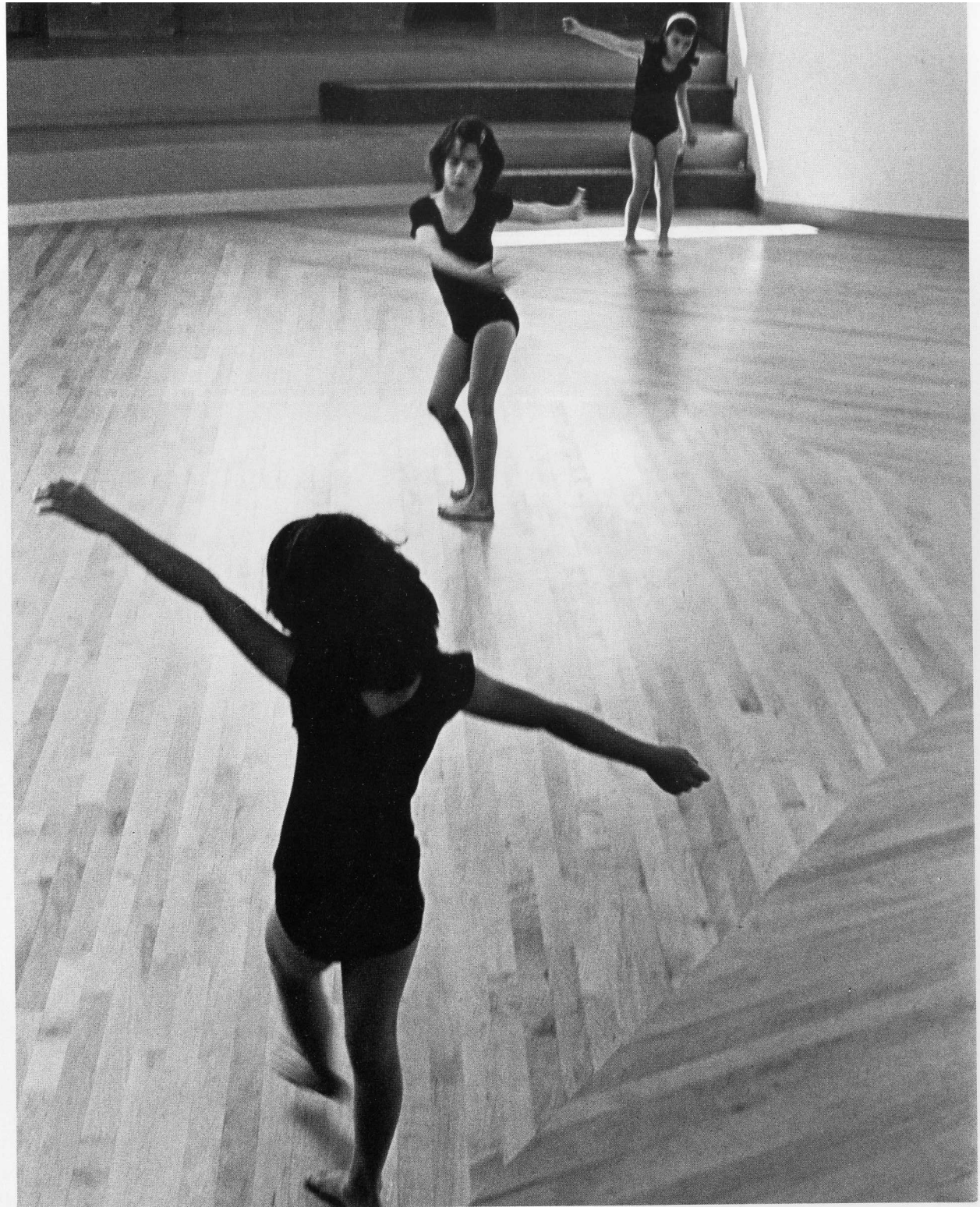
You move the way you feel





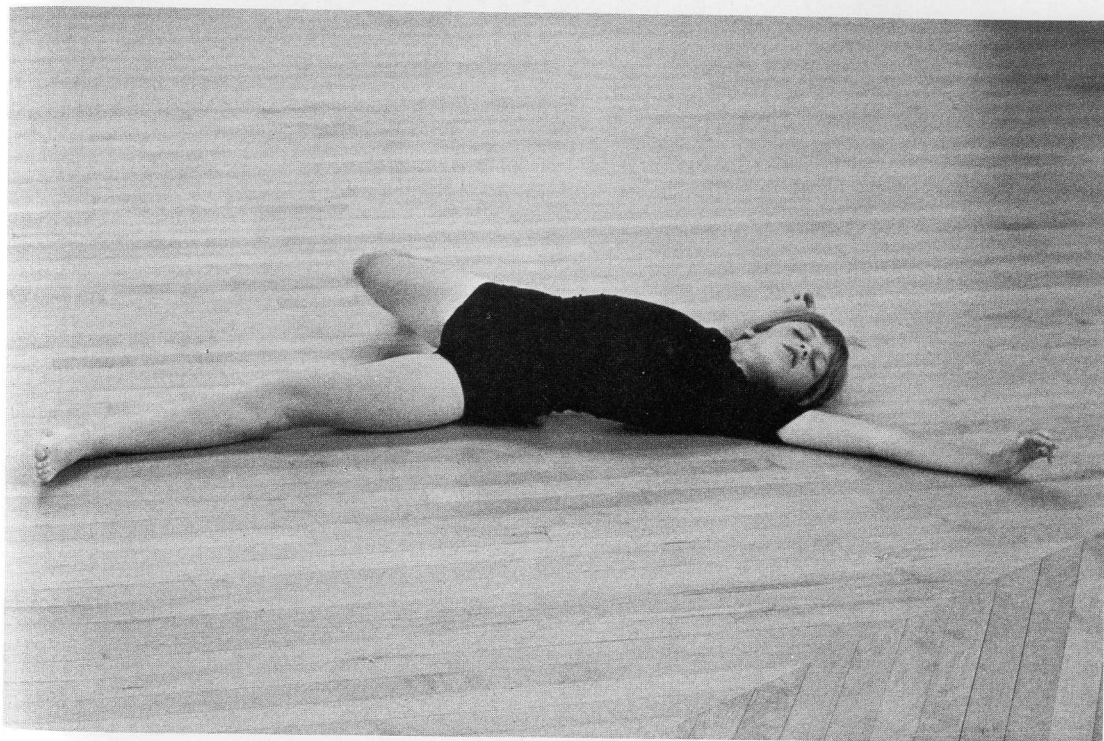
These movements have a stretchy feeling





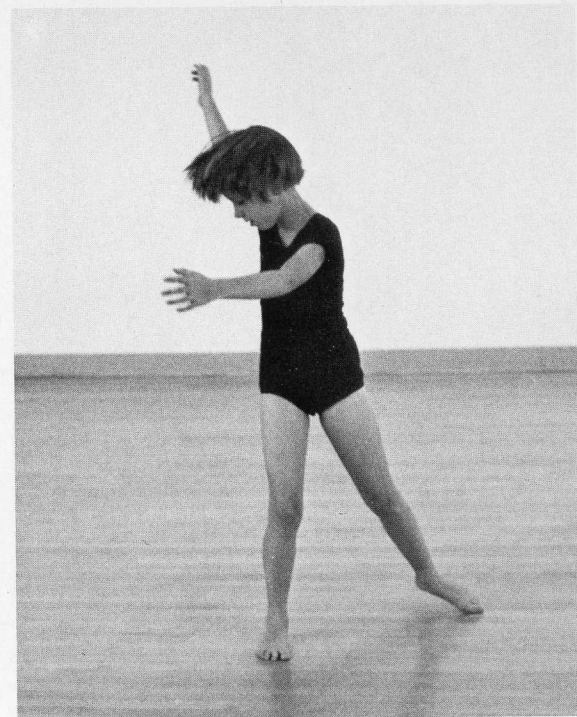
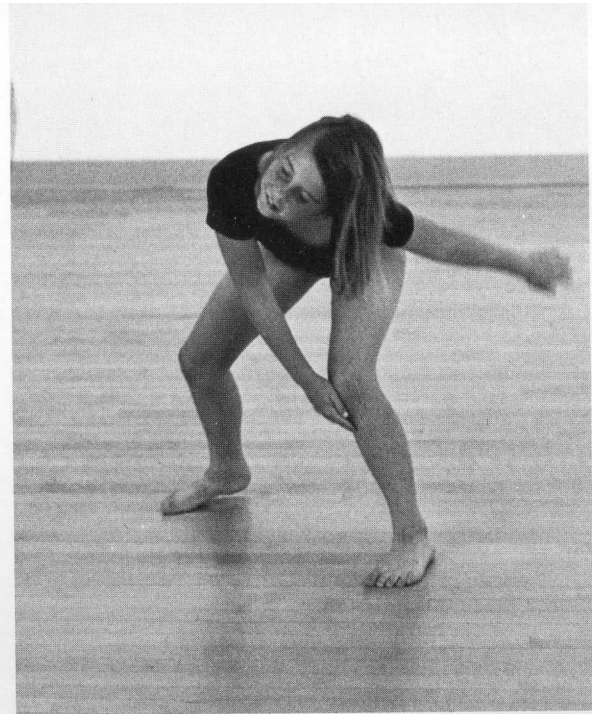
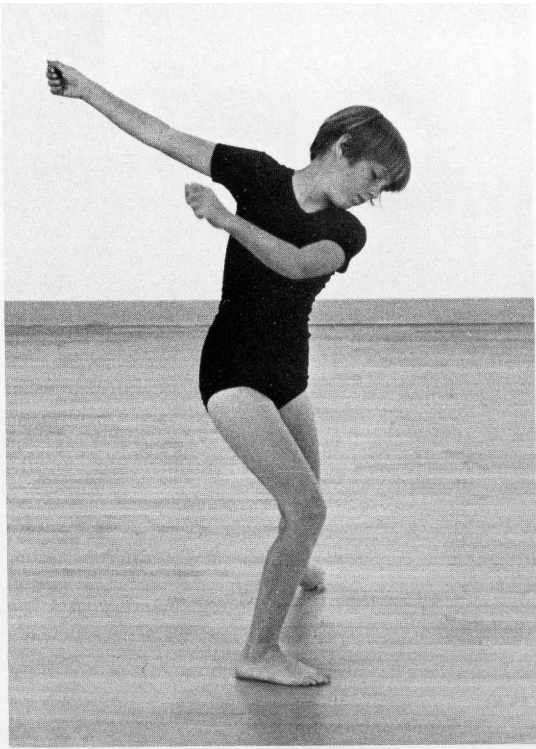


Can you make different kinds of stretching movement?



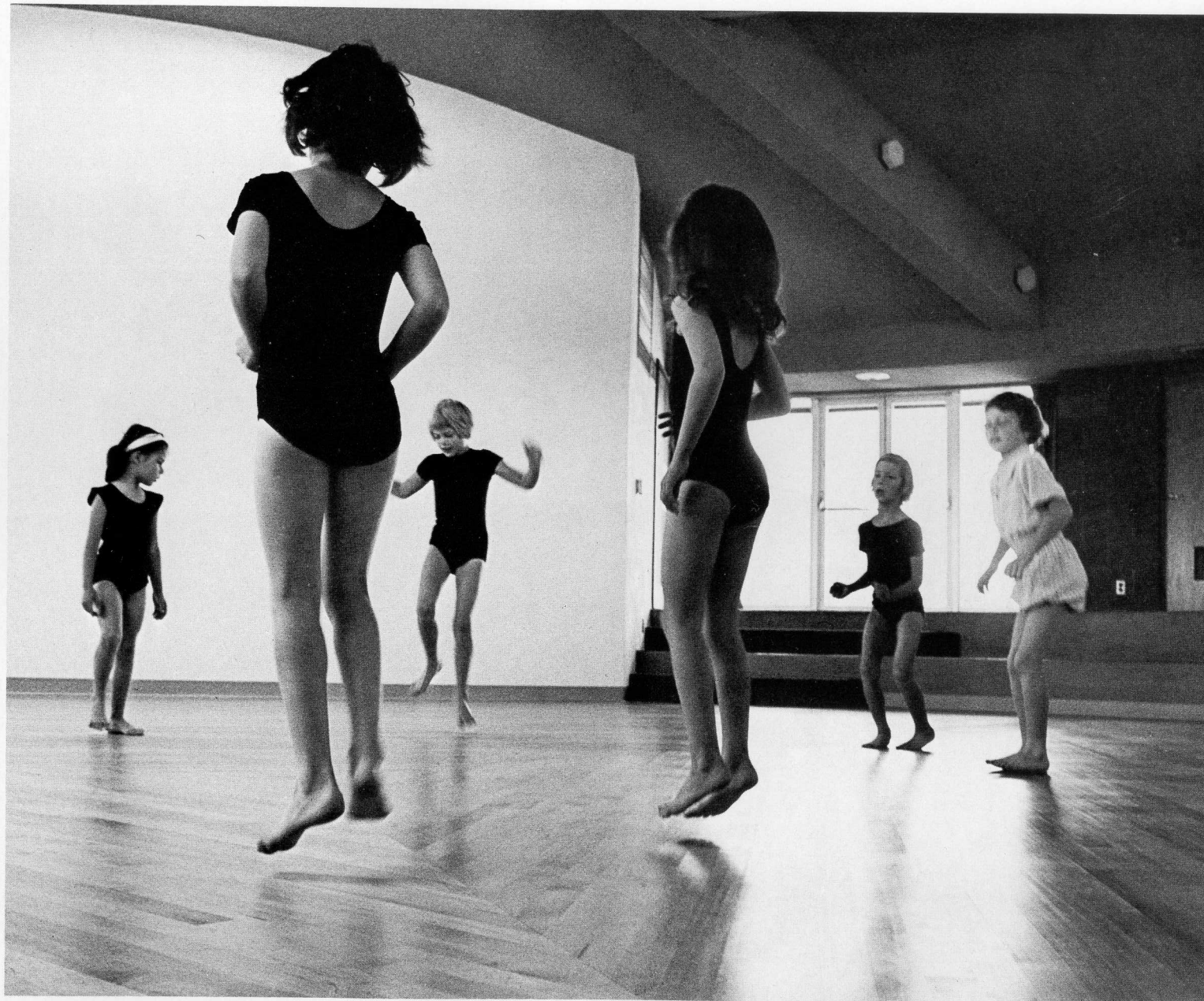


Try making some swinging movements



These movements are bouncy



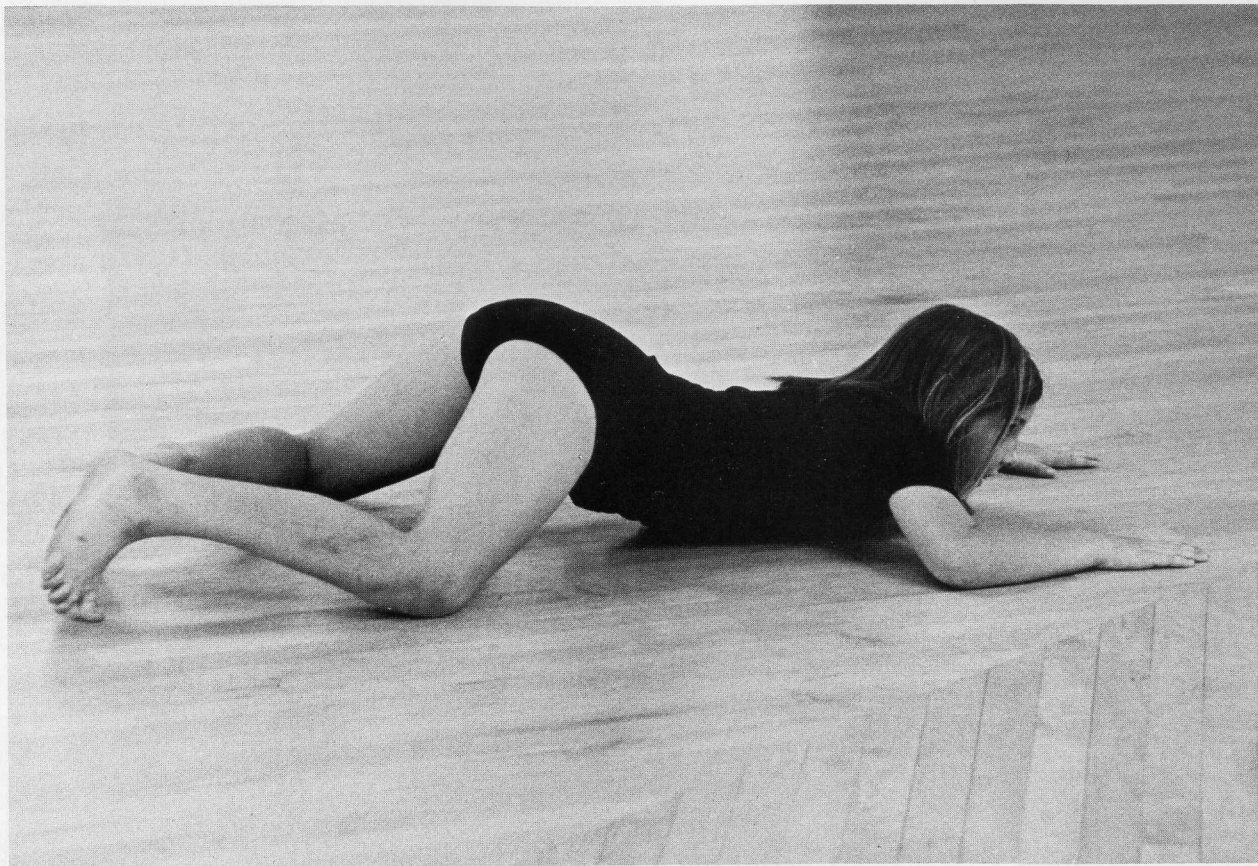




Can you crawl?



Make up a new way of crawling





We love to skip





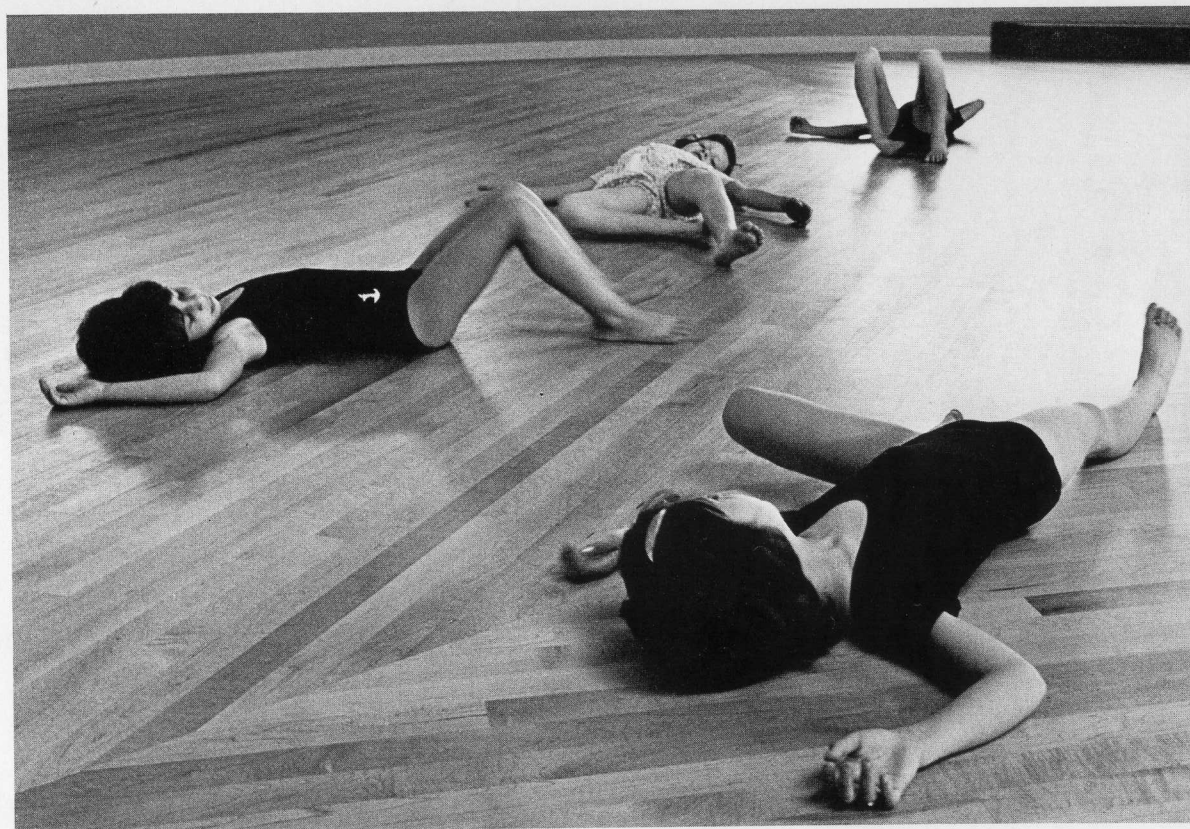
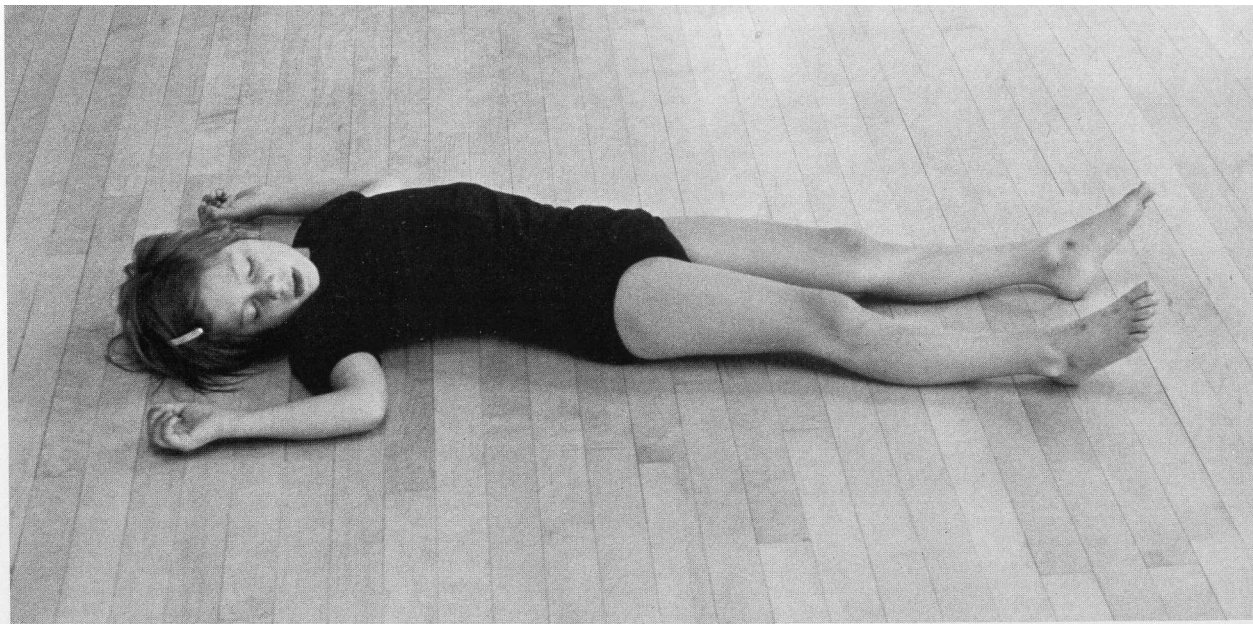
Do you?

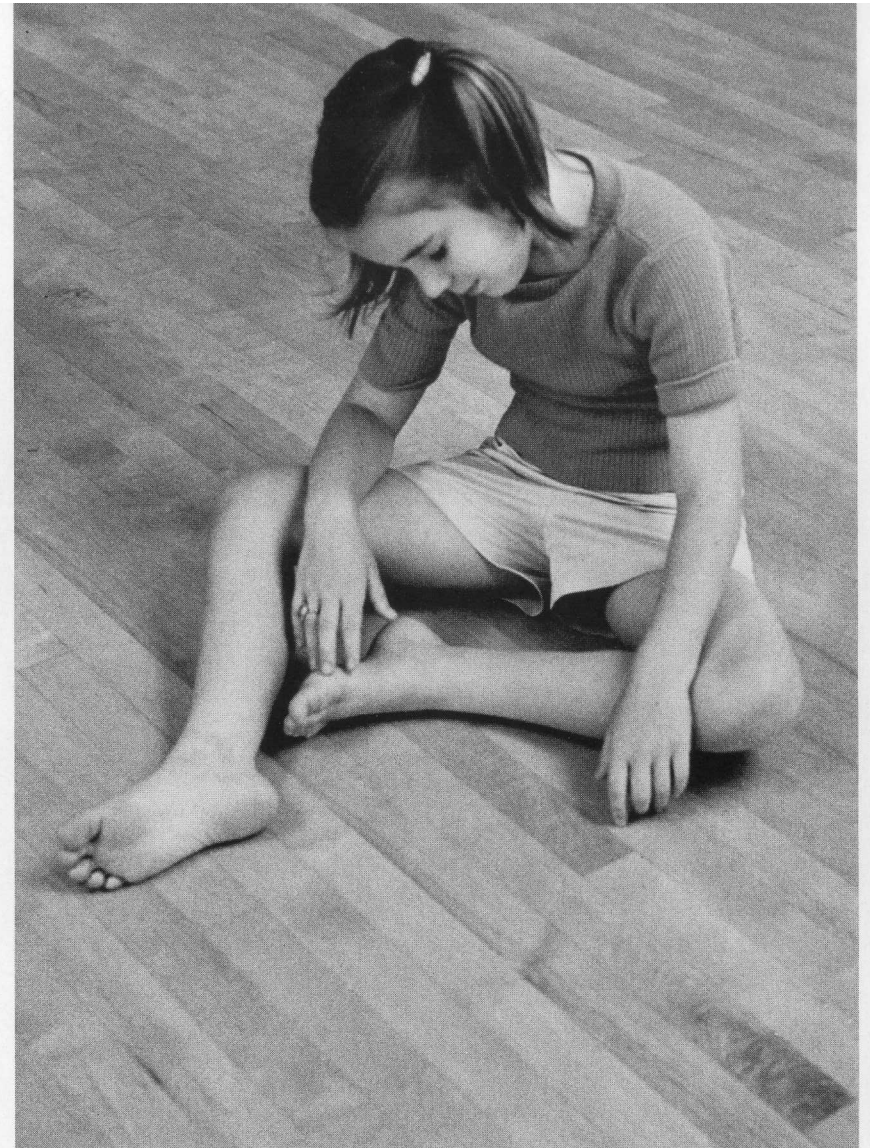




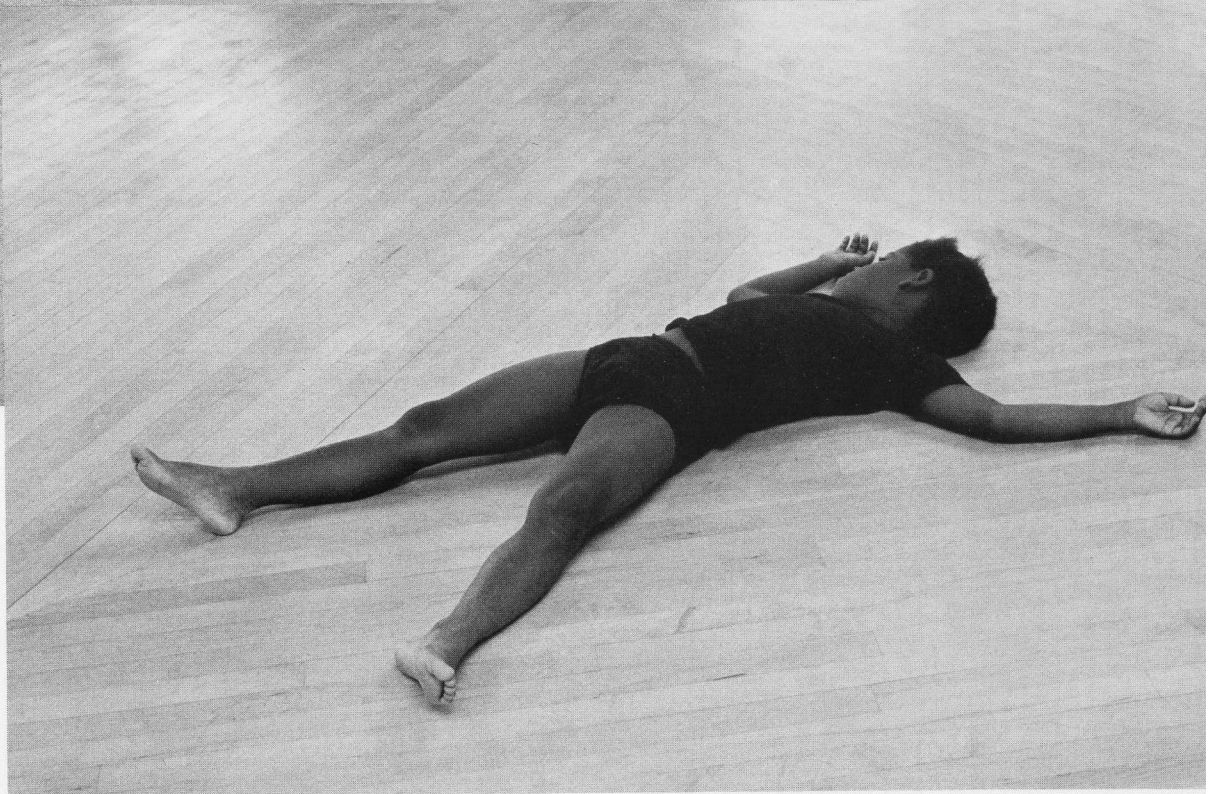
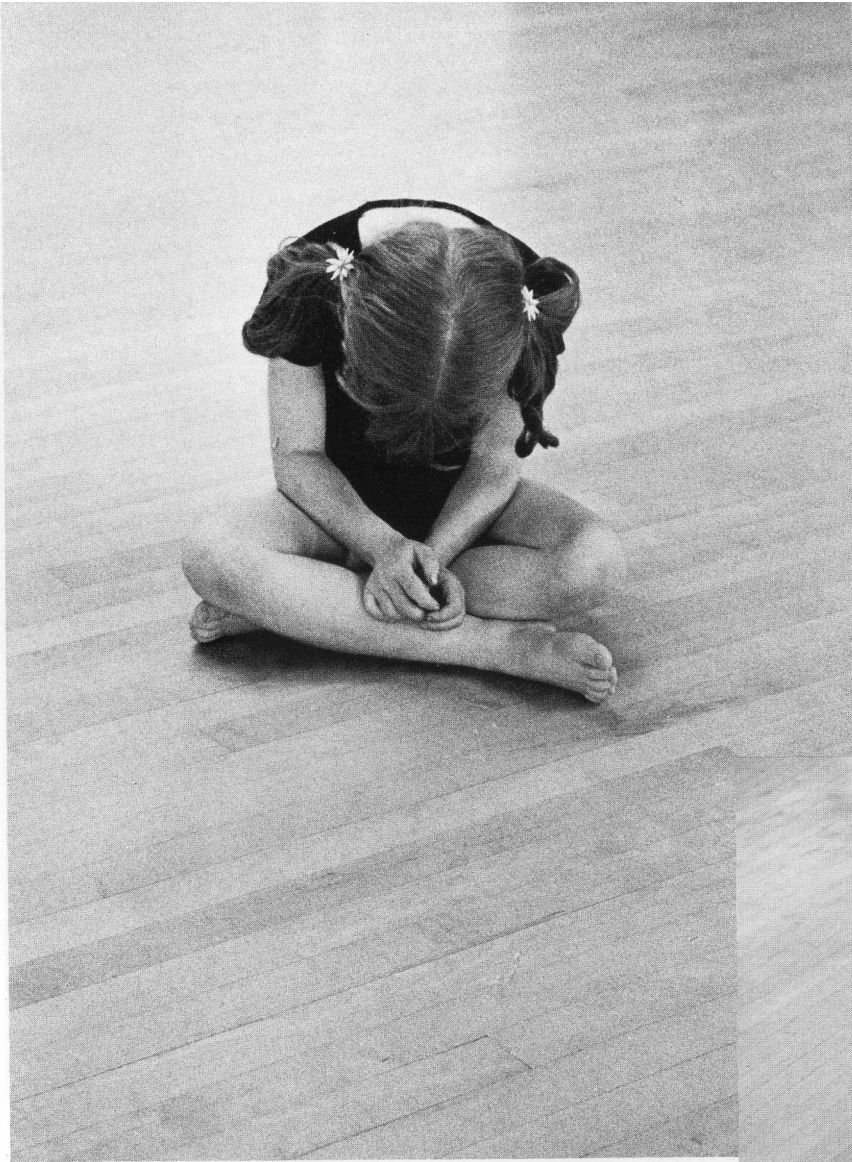
Can you be quiet and soft and loose all over?







You can be loose in different ways





Loose

is the opposite of

Make yourself tight all over

tight

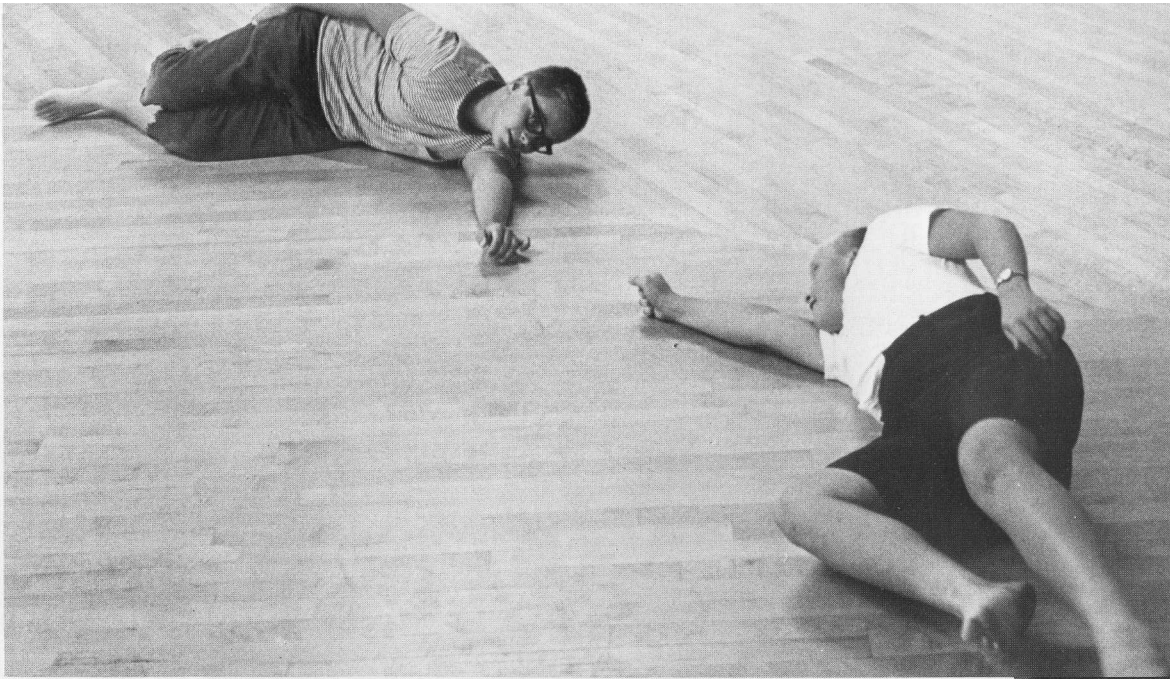




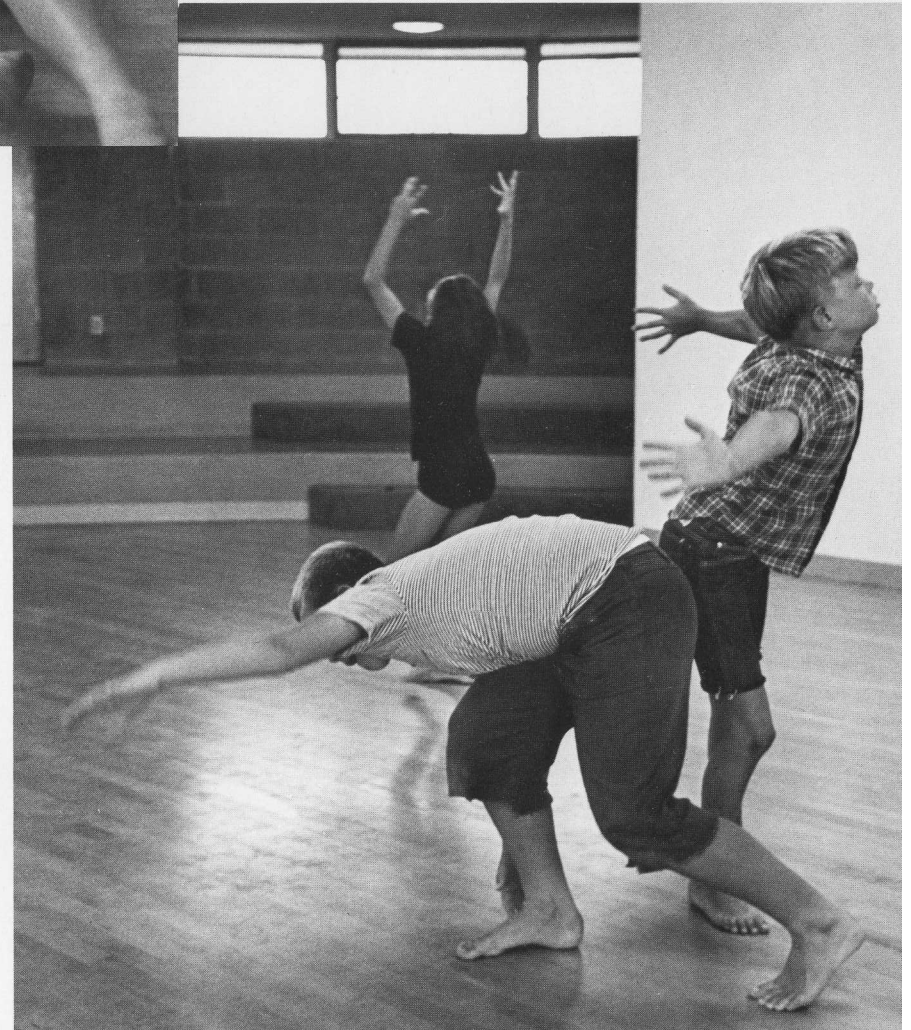
It's fun to make up movements together

You can both make the same movement





or you can make different movements





Here we are all trying to make Jody's movement

Jody is the boy in the middle



This is a group dance — one leads and the others follow

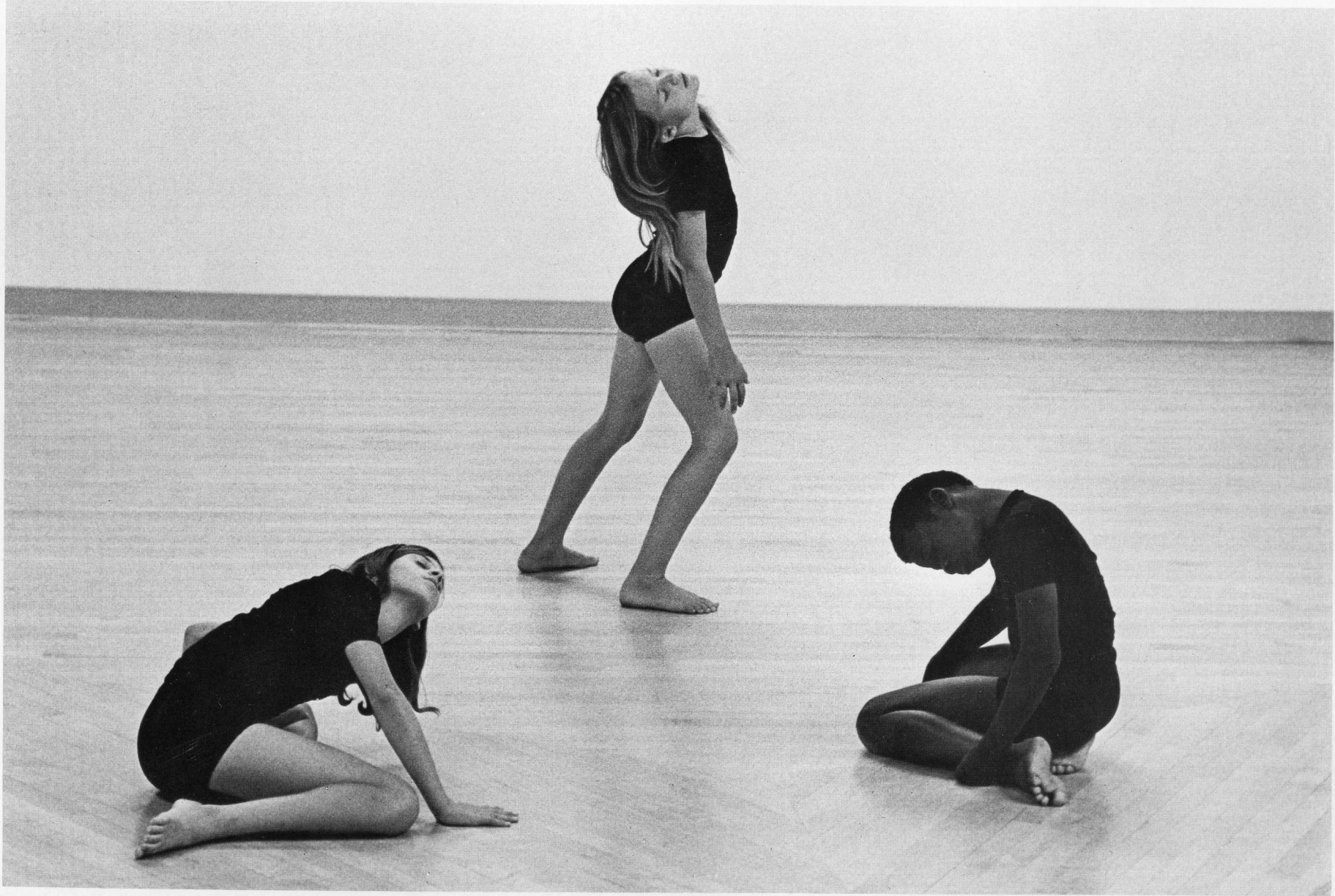
What movements can you make with your hands and arms?



We are each making our own arm and hand dance



Can you dance with your head?



See how your feet and legs can move



We are moving our trunks

Do you know what part of your body your trunk is?



You can clap your hands while you dance



You can dance with shakers in your hands







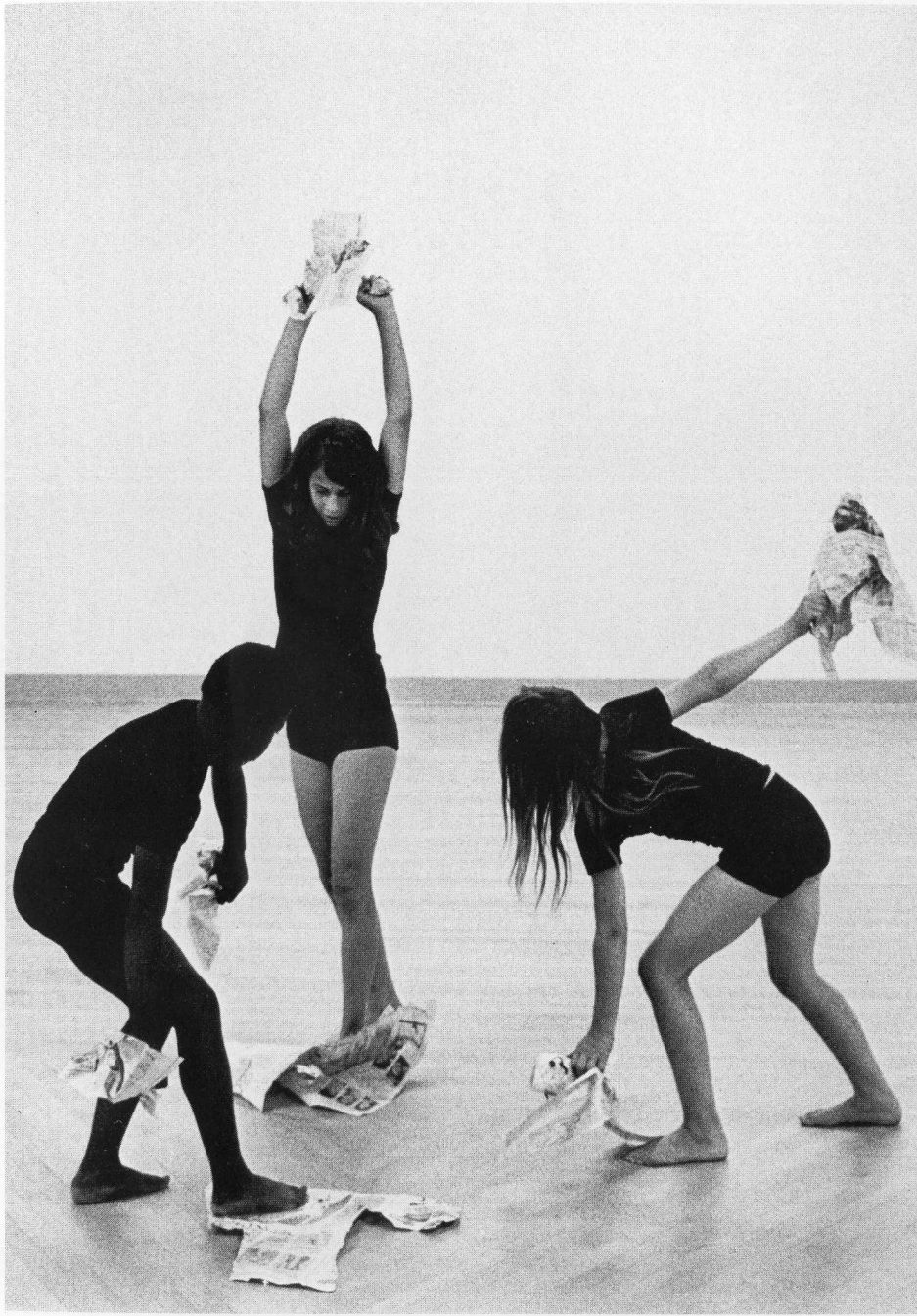
This is a shaker line dance

We all do what the leader does



We are each playing a different instrument while we dance

Can you find an instrument to dance with?



You can use anything for an instrument



A newspaper makes wonderful sounds



Joe is dancing with bells while we all watch him

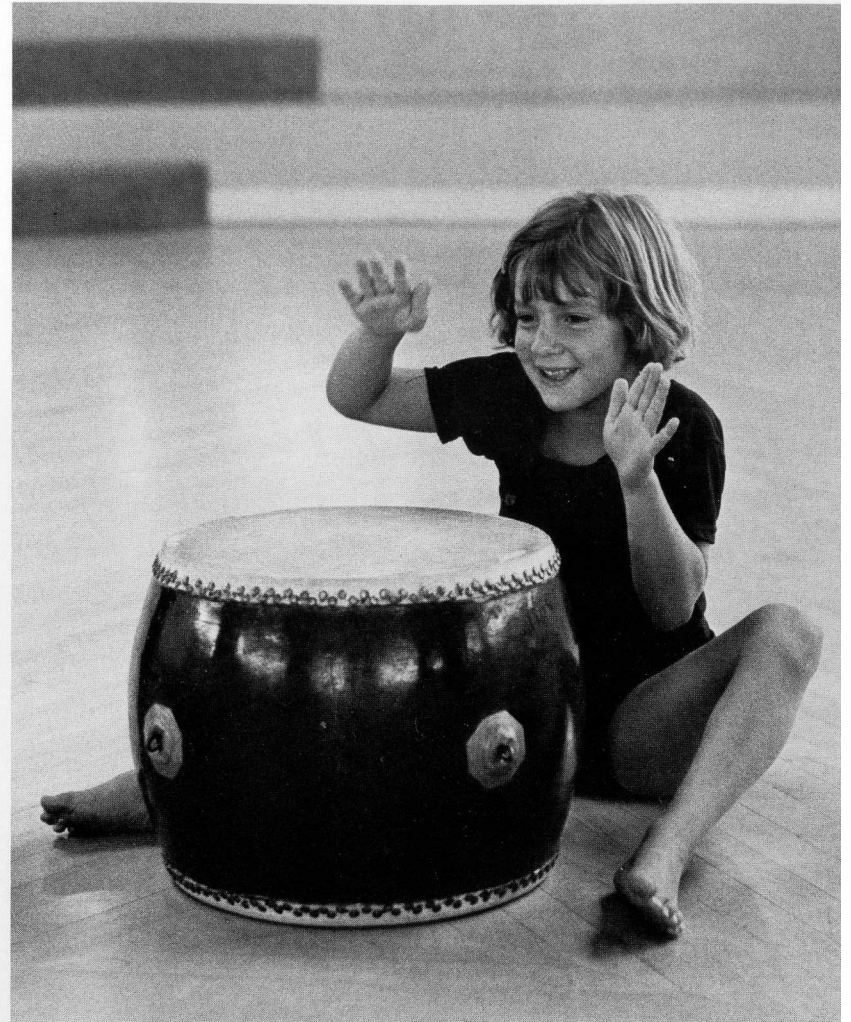


Kevin likes to dance with a drum



Debbie and Marsellas are dancing together with shakers and drum

You can make good music on a drum





It's fun to dance to drum music





Sometimes we use our voices while we dance



We can shout or sing or say words

Can you guess what word we are saying?



“Here!”

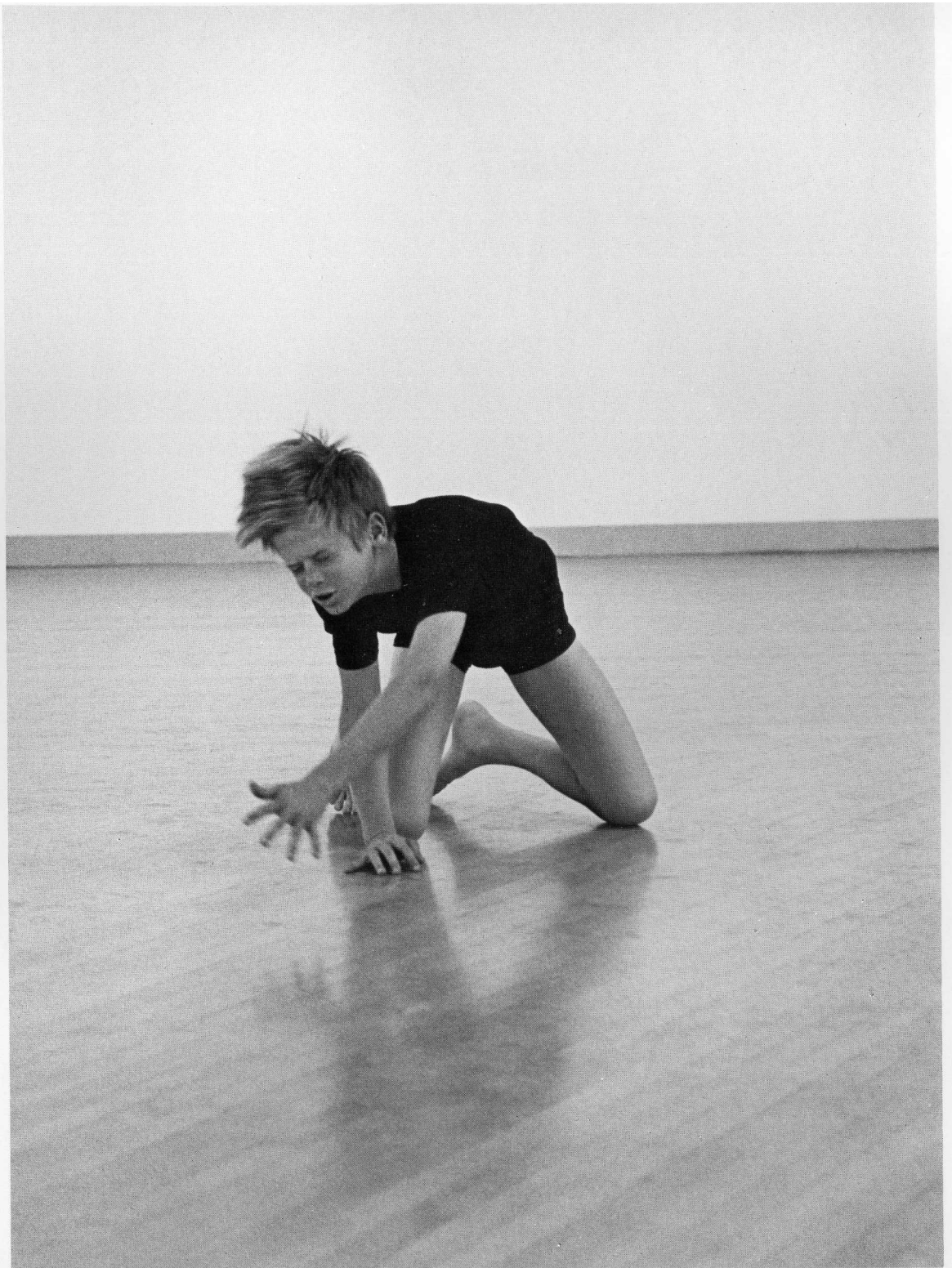


“Me!”



“Grass”

“Swish!”





First one says something —
then the other says something
We say anything we want to

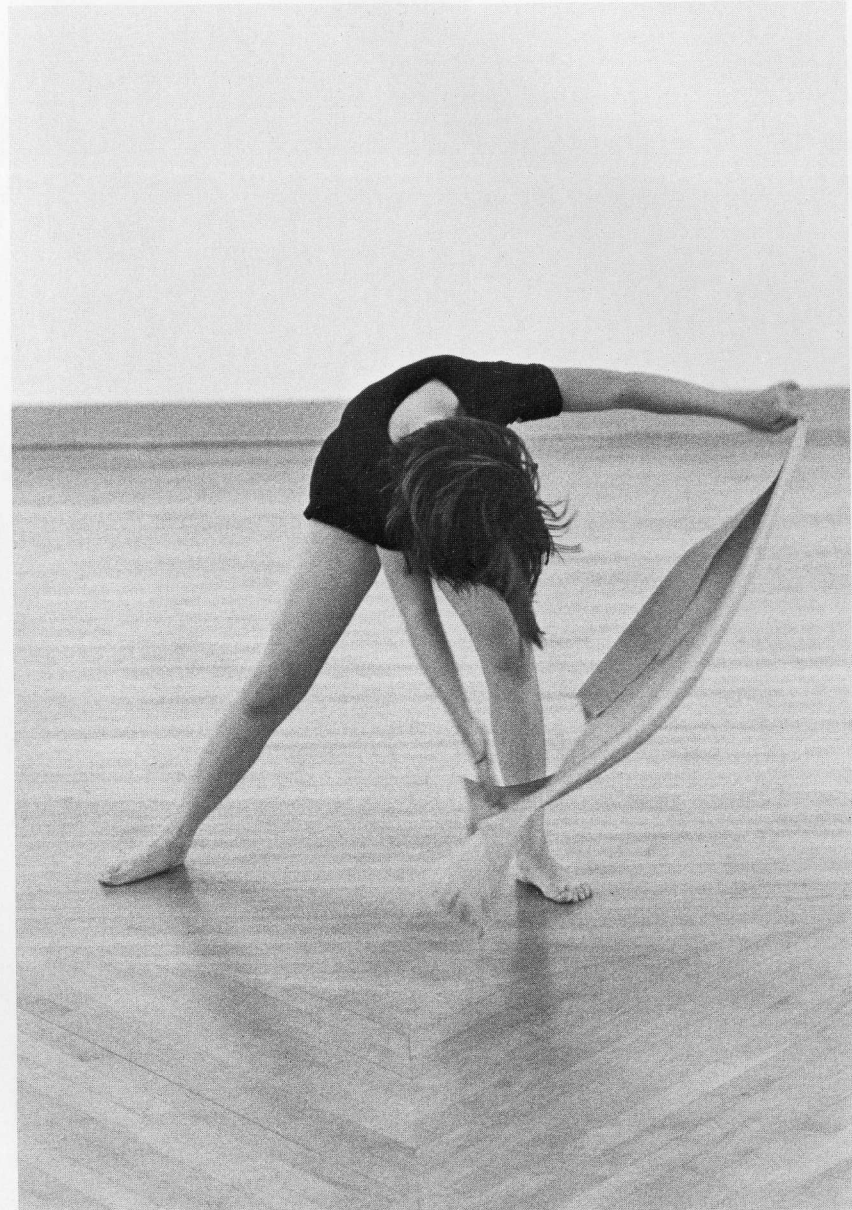
We are making a talking dance





While we talk we make up movements to show the feeling of the words

How would you dance with a piece of cloth?

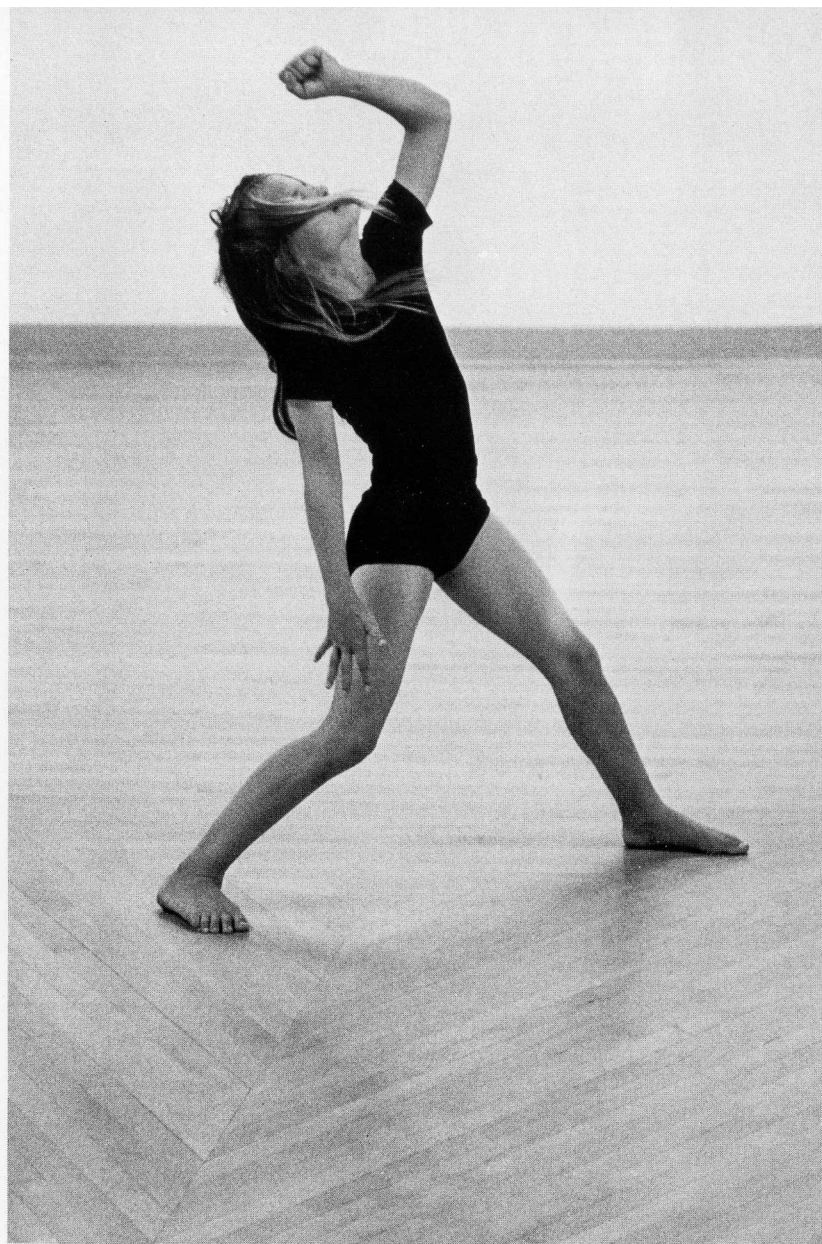




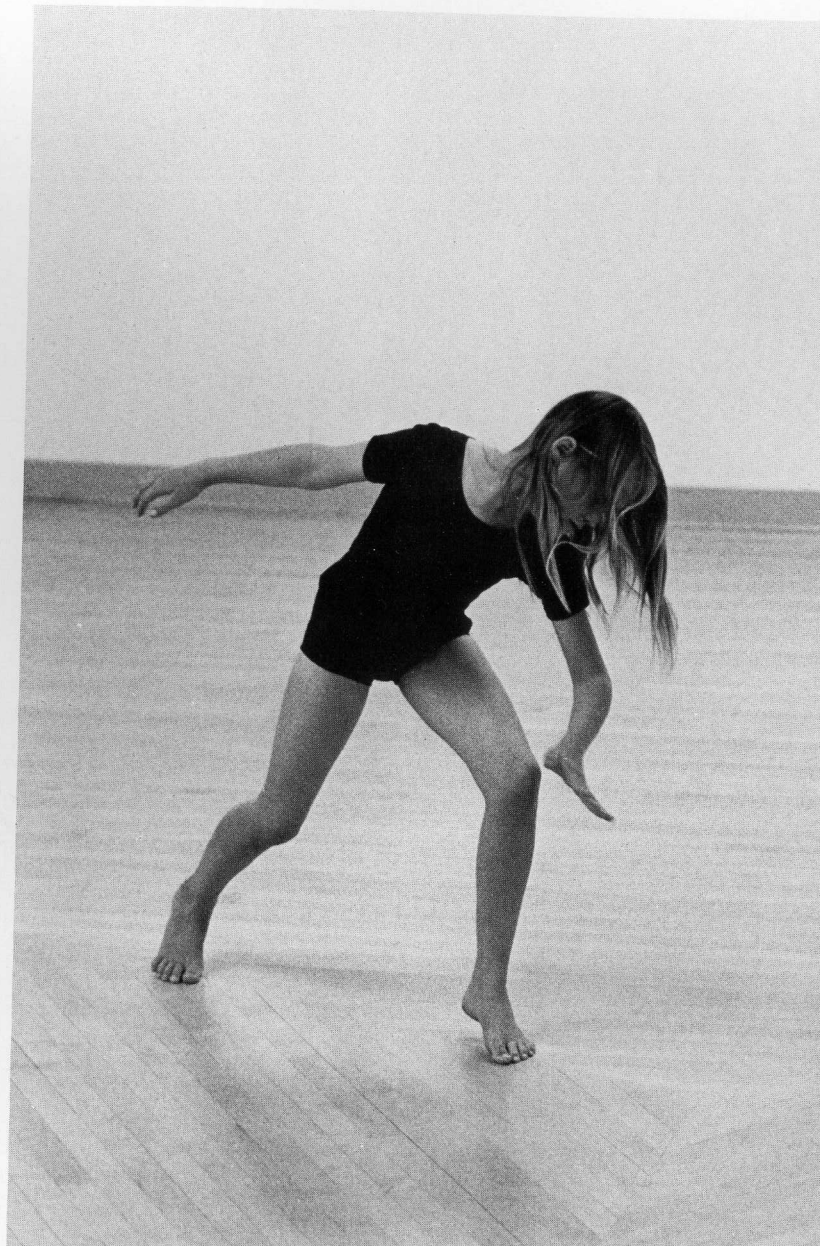
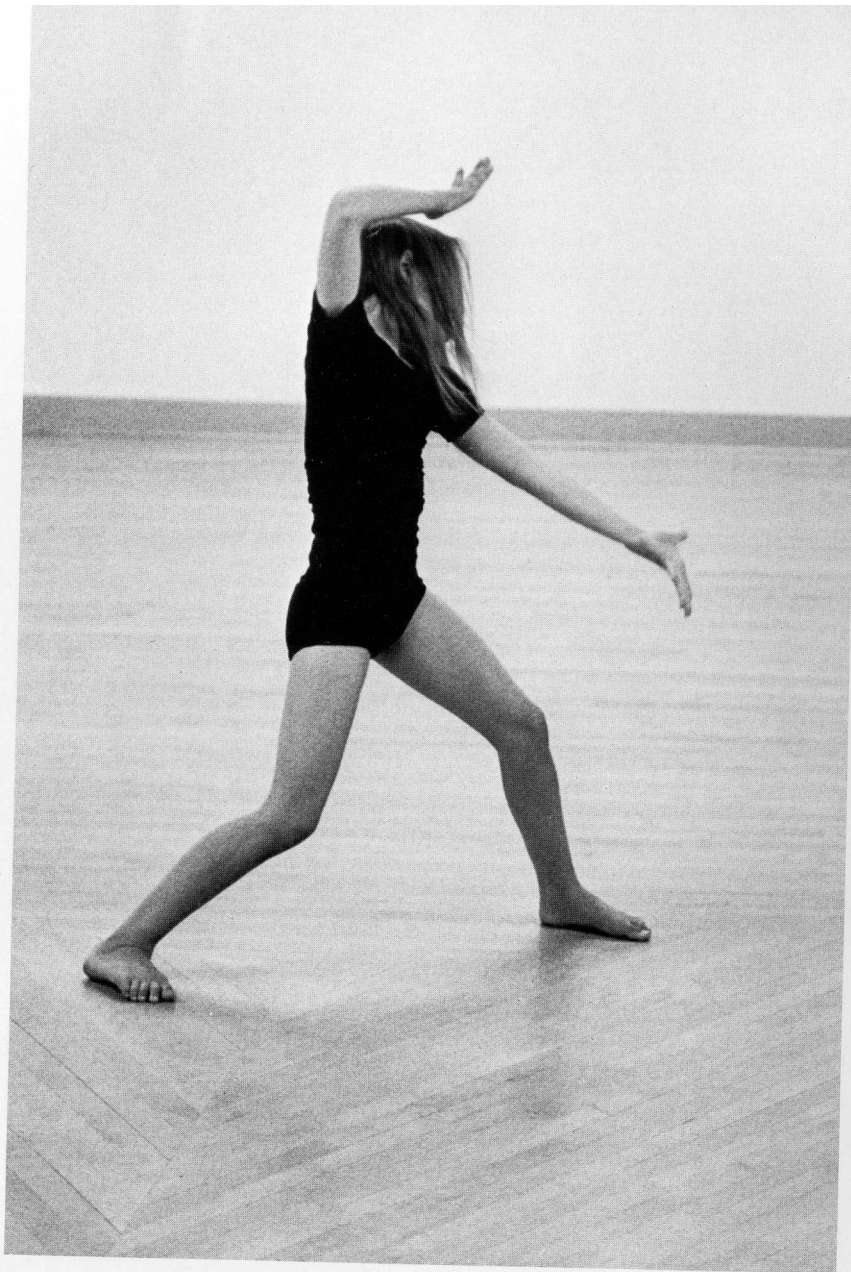


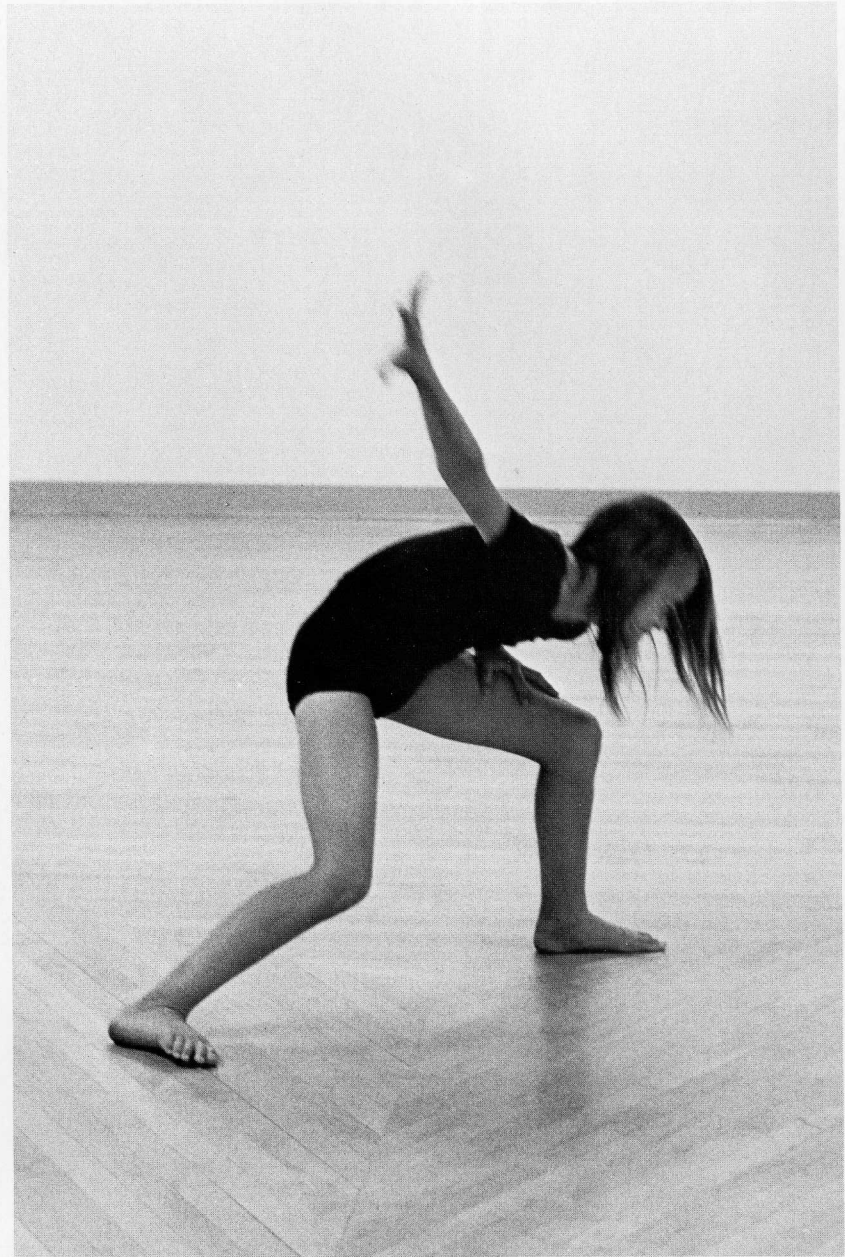
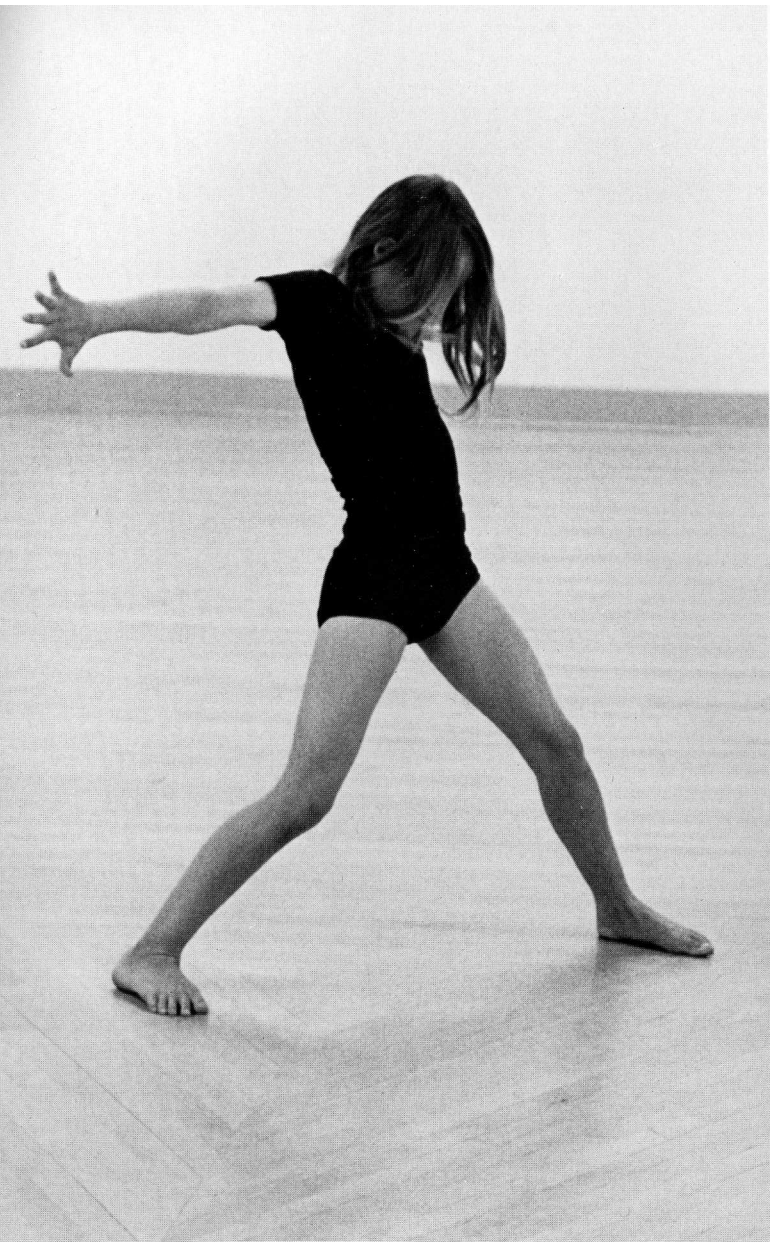


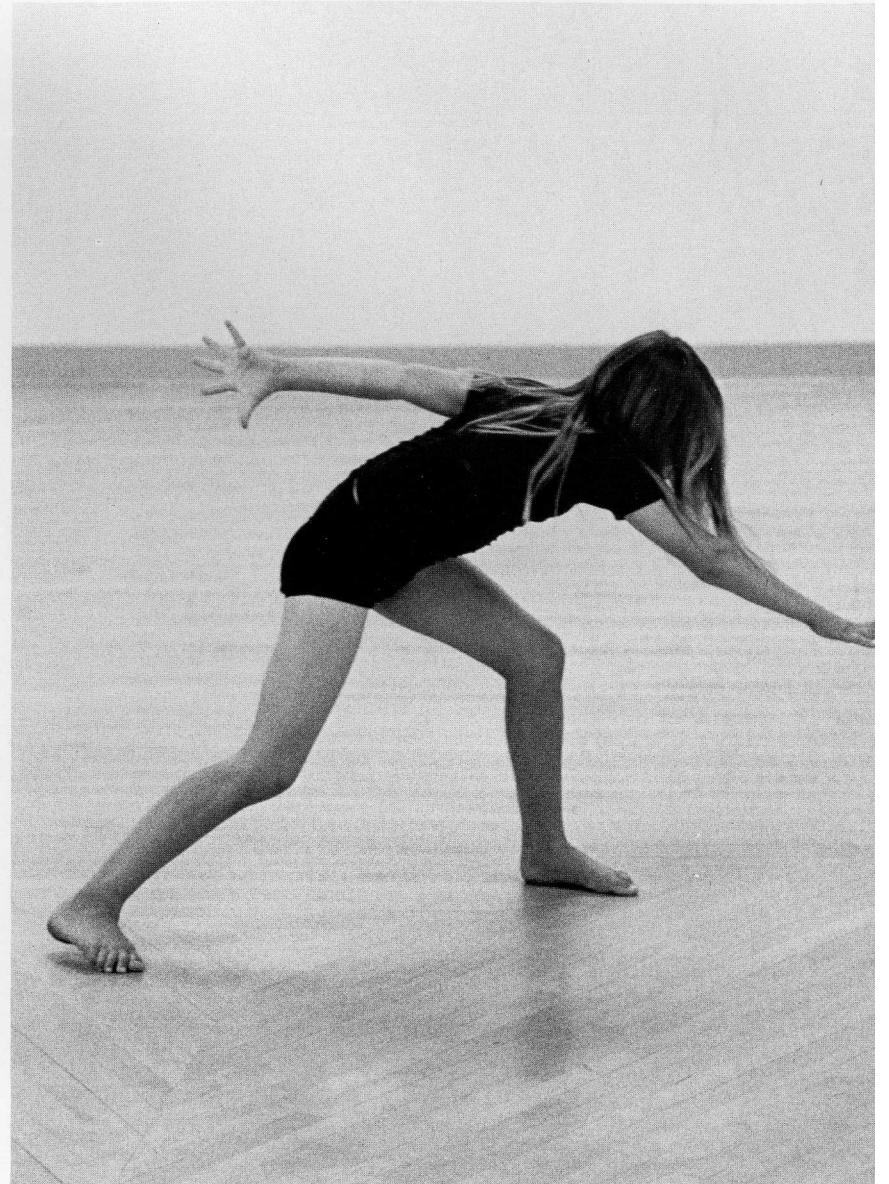
Did you ever dance with your shadow?



This is the way Colleen likes to move

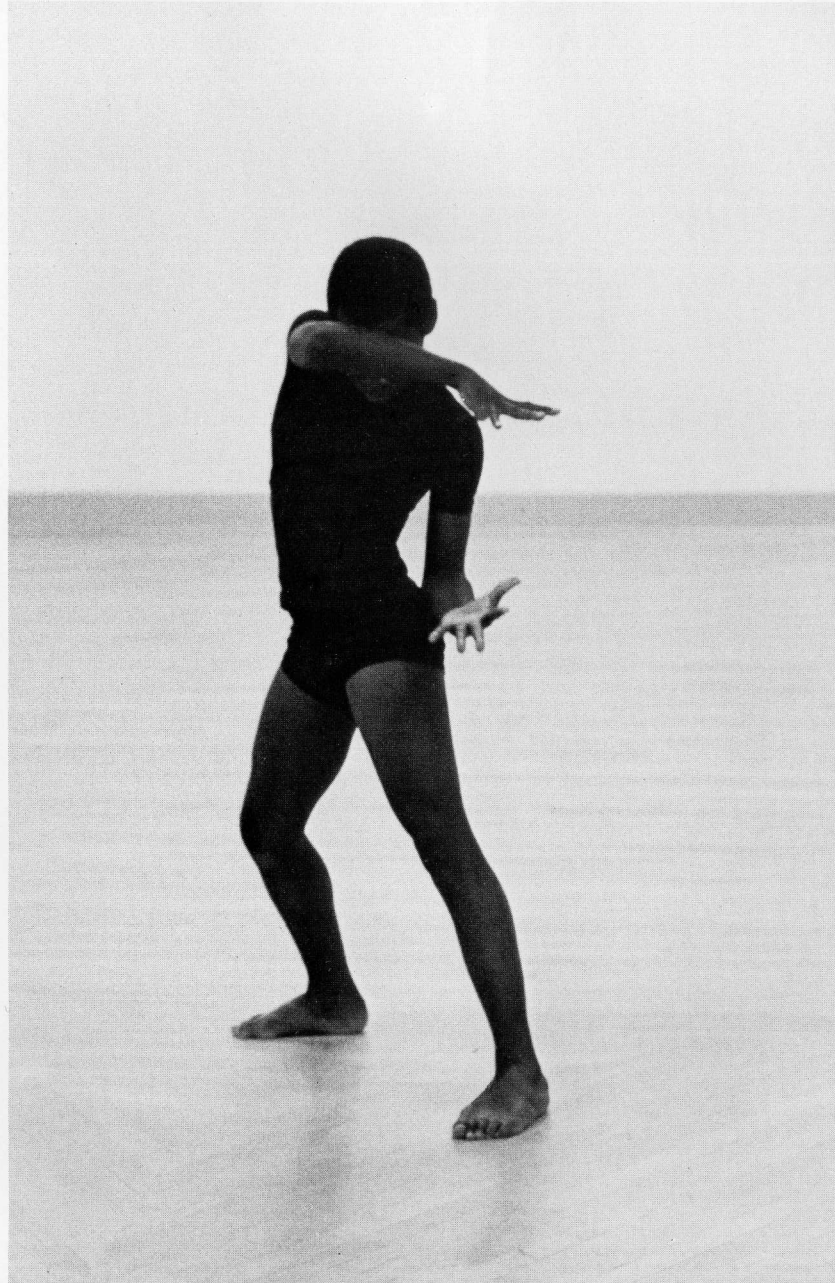


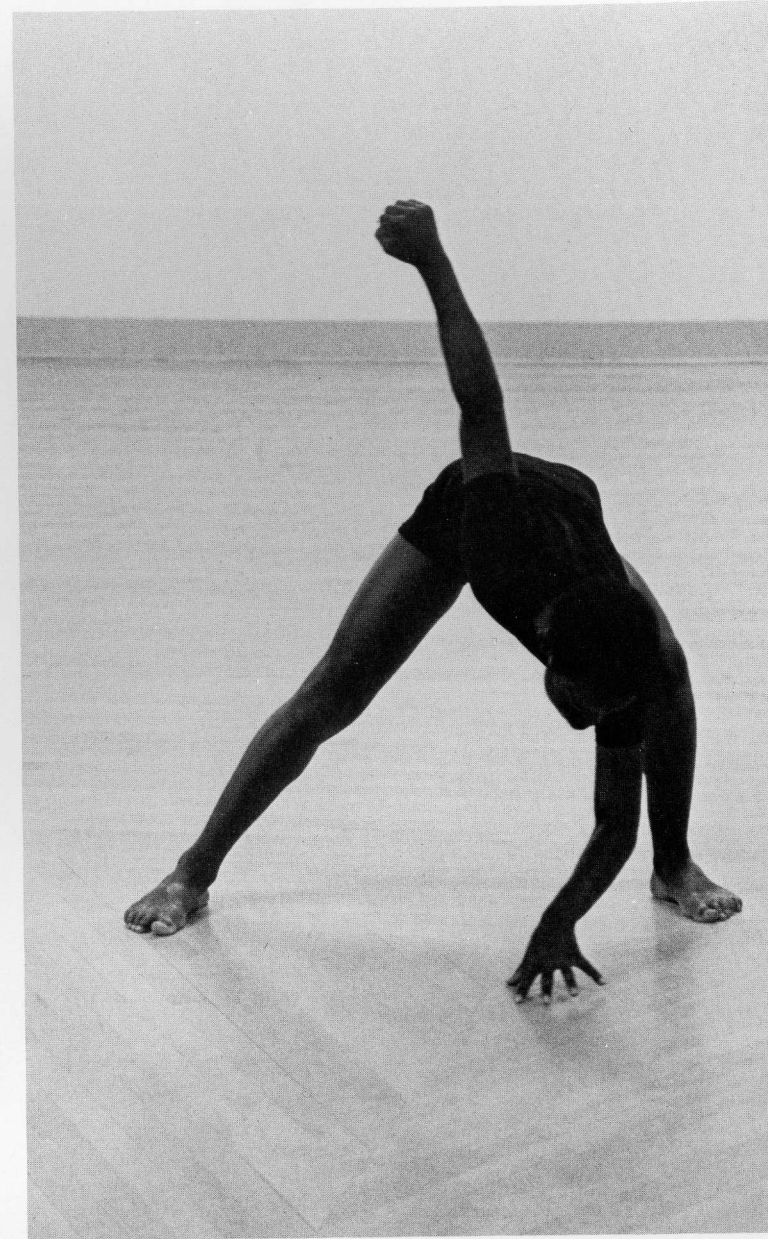
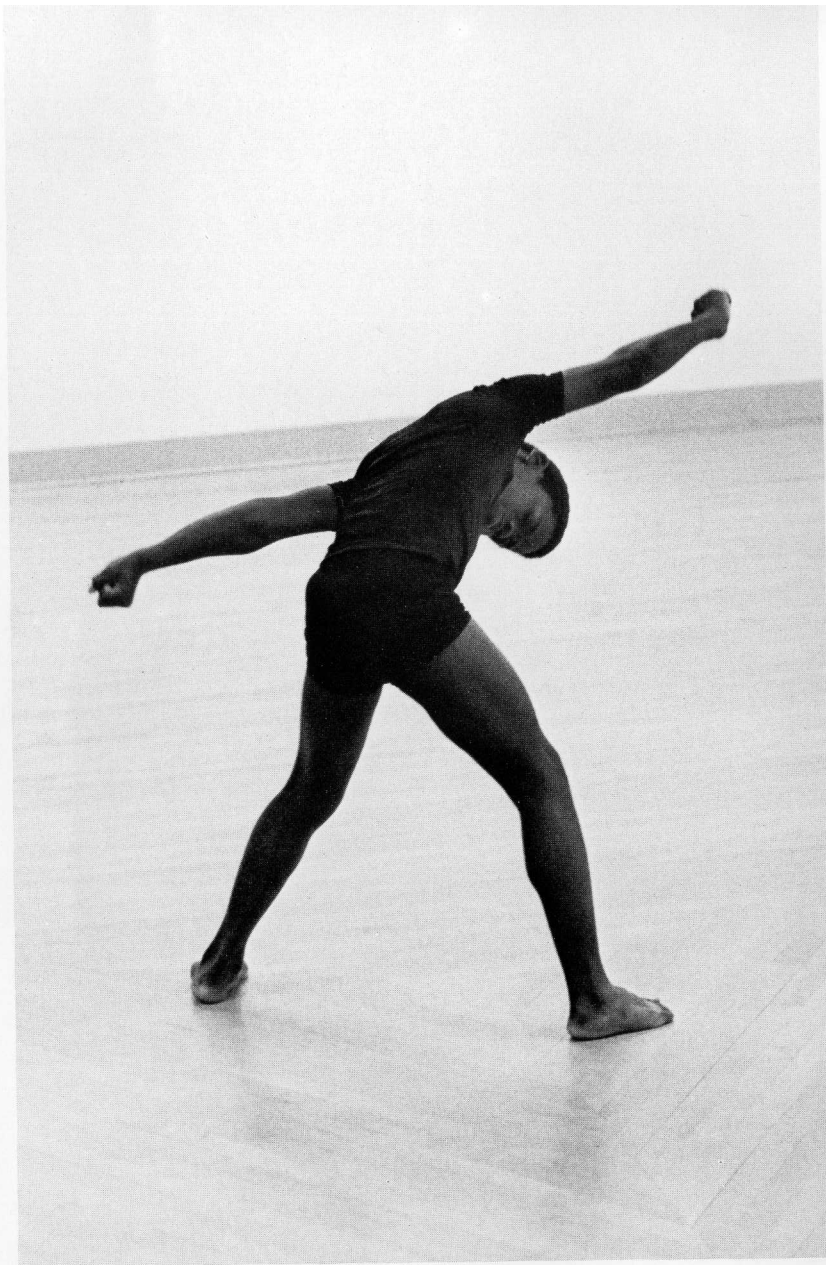


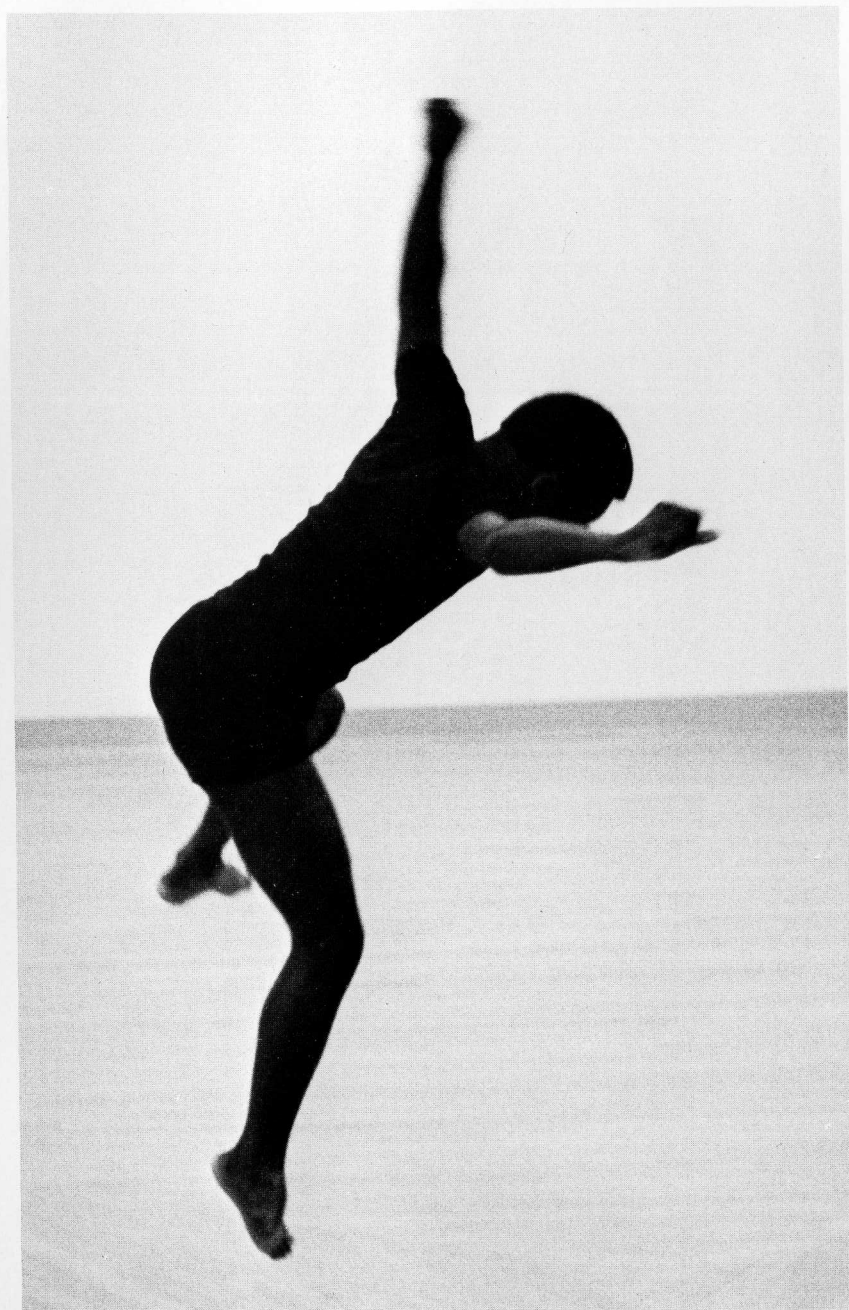




Joe likes to move like this



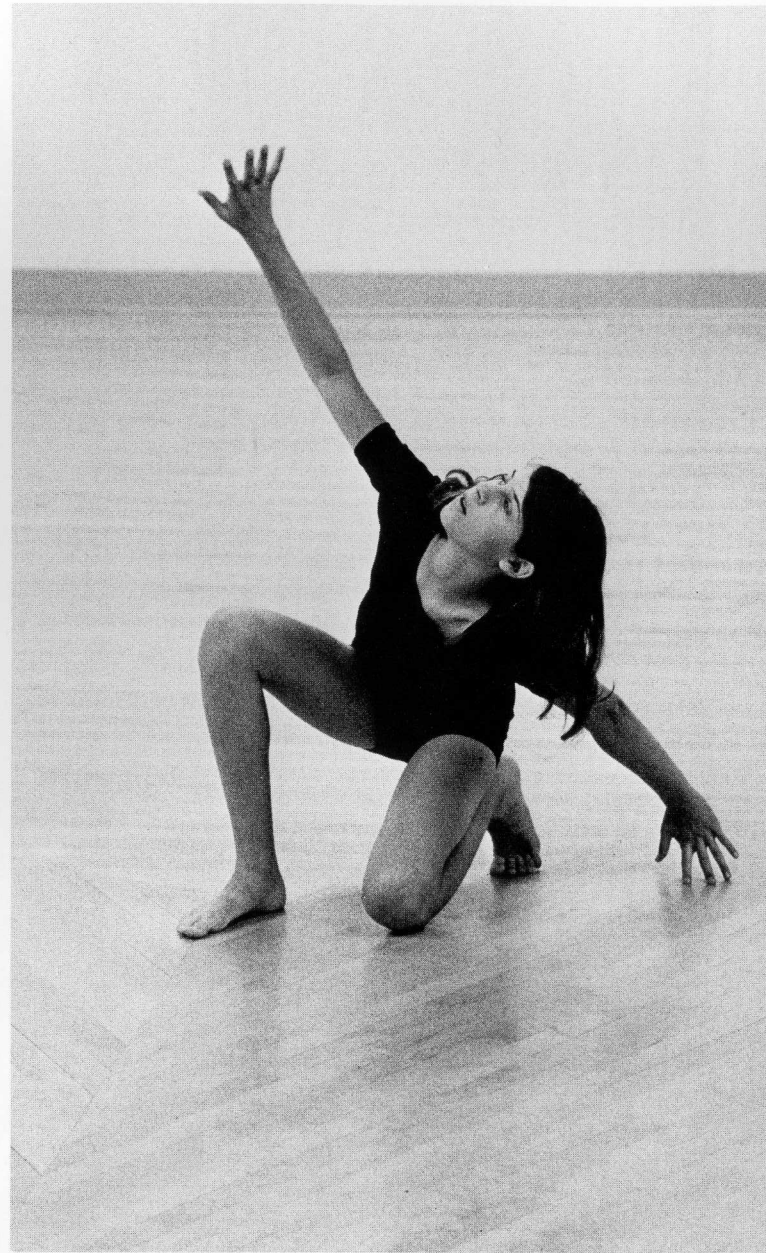


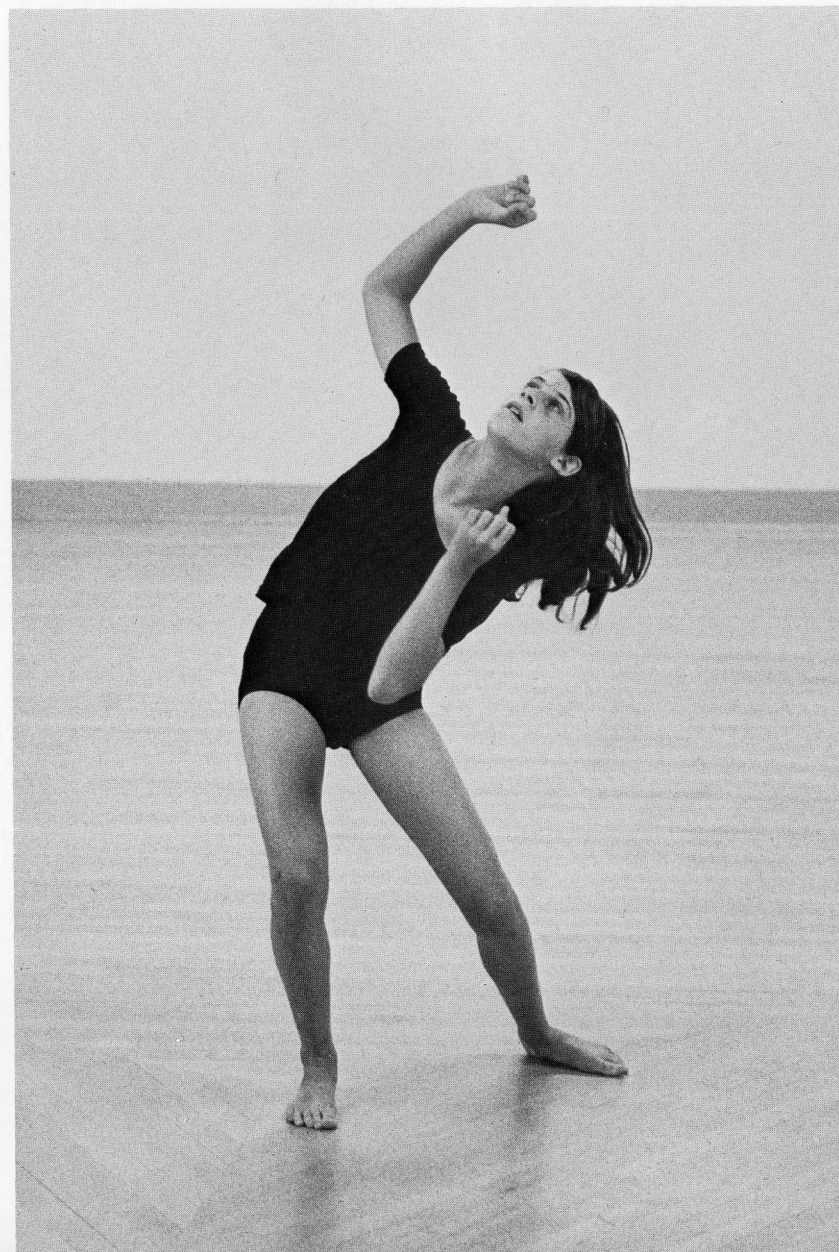




This is Leslie's dance









What kind of movements do you like to make?

Make up your own dance!

