Children's
Creative Dance Book
Barbara Mettler
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
You can both make the same movement

It's fun to make up movements together
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!