

Write Your Name

Objective

Conceptualizing ideas is hard. Start small when nurturing creativity through using something familiar to help your students develop their own artistic ideas. In this lesson, you will explore movement and proprioception by teaching your students to create their own dance move through writing their name.

Students will practice creativity and develop their own artistic ideas.

Goals

Develops exploration of movement, balance, conceptualizing and developing artistic ideas, independence, and gross motor skills

Materials

Props, such as:

- Ribbon sticks
- Scarves

Directions

1. Write your name using:
 - One finger
 - Whole hand
 - Entire arm
 - Another part of the body
 - Prop
2. Write your name:
 - Horizontally
 - Vertically
 - Diagonally
 - Print
 - Cursive
 - Small
 - Large
3. Create a movement inspired by your name. Pull inspiration from the movements you made during Steps 1 and 2.
4. Add music and perform the movement.

Modifications

Level Down

- ↓ Write the student's name on a piece of paper that they can reference in front of them.

- ↓ Focus on one letter from a student's name
- ↓ Offer the Body Part choice board

Level Up

- ↑ Perform the full name to music
- ↑ Create 3-5 movements inspired by a name to create a sequence
- ↑ Encourage collaboration by combining movements from multiple people's names

Reflection

Direct your students to write their names in the air. Ask them to change their quality of movement as you call out different categories (ex. vertical, small, cursive).