

DEL Early Childhood Recipe Guide

Focusing Warm-Up:

Take children on a playful journey through the 8 developmental patterns (Breath, Tactile, Core/Distal, Head/Tail, Upper/Lower, Body/Side, Cross-Lateral, Vestibular). Reorganize the brain and body and promote readiness for learning and Dance! Reference the DEL Early Childhood Recipe Focusing Warm-Up or create your own!

Introduction/Theme:

What will we dance about today? Choose an aspect of your curriculum that inspires movement. Inspiration: a story, a poem, an art project, the weather, a holiday, a science concept. Anything can be a dance!

Generate Thematic Action Words: Gather the children (i.e meeting area, rug, book nook). Be prepared with prompting questions. As discussion unfolds, make a list of action words. Write them down for the children to see.

Exploration: Choose three (3) action words. Create guiding questions using the following dance vocabulary from the Pre-K Laban chart to explore action words one (1) at a time.

Body: Try movement with different body parts - head, shoulders, knees, toes, back, bottom, elbows, feet, nose.

Dynamics: Gentle, Strong, Quick, Slow Motion

Space: Personal Space, General Space, Levels - Low, Mid, High, Pathways - Curvy, Zigzag, Straight, Circle, Prepositions - Over, Under, Through, Behind, Beside, In front

Relationship: Towards a friend, Away from a friend, With a friend

Create Movement Sentence: Write chosen words on a sentence strip and have children say it out loud.

Development and Sharing: Have children perform movement sentences...

- In a whole group
- In half groups
- A few children at a time

Children who are not performing will be part of an audience with quiet bodies, looking eyes, and listening ears.

Reflection: Use prompting questions/statements to encourage children to begin talking about what they see; i.e - If you saw your friends making round shapes, put a thumb up. If you saw Ralph shake really fast, shake one hand., etc.

Relaxation: Ask the children to find a space and lie down on their backs. Create a peaceful and quite environment. Dim the lights, encourage stillness, and use imagery from the lesson as a guided meditation.