

YWCA Greenwich
Domestic Abuse Services
24/7 Hotline 203-622-0003

Creative Movement Exercises for Kids or the Whole Family

Why movement?

Movement is a great way to express oneself, whether it's choreographed or improvised exploration! During this time of quarantine, tapping into new outlets for self-expression, or honing existent passions, can be a great way to engage your children individually or the family as a whole. Note – remember, it's not about how you look, it's just about getting the body moving!

Creative movement prompts

Dance Mad Libs

Just like the fun word game where you create your own unique story, this creative movement exercise is designed to have you create your own unique dance based on a few cues. This exercise can be done by yourself, with the other members of your household, or virtually with friends!

Below are examples of different sets of 10 movement cues. If you're doing this by yourself: create your own movements for the different movement cues and then string them together to choreograph a longer dance. If you're doing this with others: take turns creating and teaching the movements for the different movement cues and then string them together to choreograph a longer group dance. Check out the video for an example of this creative movement exercise. If you are really enjoying this exercise, consider devising your own list of movement cues.

This exercise is inspired by Pilobolus Dance and their #adigitaldance campaign on social media (check them out at <https://pilobolus.org>)

Sets of Movement Cues:

Basic #1:

1. 2 steps forward
2. Extend an arm
3. Jump and turn
4. Lunge and sway
5. 4 steps in different directions
6. Head circle
7. Knee lift
8. Look to the side
9. Lift the arms, lower the arms
10. Hips move one way and then the other

Basic #2:

1. Lift the leg
2. Travel sideways
3. Small hand gestures
4. Bend the knees and turn
5. Swivel and twist
6. Circle the arms
7. Big movement opening the body
8. Slide and bring the legs together
9. Shake the shoulders
10. Curve the torso

Emotions-inspired:

1. Arm and leg move excitedly
2. Jump forward heavily
3. Move to the floor with melancholy
4. Switch the direction you are facing with surprise
5. 3 steps with uncertainty
6. Hands move to head with glee
7. Hips move angrily
8. Make angular arm shapes frantically
9. Bounce with a sense of calm
10. Strike a pose earnestly

Weather-inspired:

This set of cues are less directive and the movements can include any part of the body and any way of traveling that are inspired by the images below.

1. Sunshine twinkling on a pond
2. Clouds slowly rolling over the hills
3. Heavy downpour of rain
4. Stillness in the air
5. Fog settling to the ground
6. A breeze gently rustling the leaves
7. Whipping winds
8. Snowflakes swirling
9. Rain showers here and there
10. Dew drops in the morning

Animal-inspired:

1. Prance like a pony
2. Wag like a dog
3. Move the arms like a snake
4. Puff the chest and move like any bird
5. Travel like a spider
6. Pounce like a tiger
7. Move the head and neck like a giraffe
8. Stretch like a cat
9. Scurry like a mouse
10. Spread your wingspan and perch like an owl