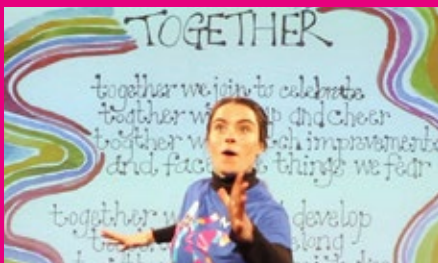


kalasa
megham

Remote Learning Activity Pack

Let's Dance Together

A decorative graphic on the right side of the page. It features a dark blue background. In the lower-left quadrant, there is a light blue shape that resembles a stylized person or a path. On this shape, there is a yellow circle. To the right of the yellow circle is a large, solid pink circle that overlaps the edge of the page.



This activity pack has been designed to help you navigate through Kala Sangam's *Let's Dance Together* video. This is an online, active resource for children and young people either at home or in school.

The video is aimed at Primary School children and will encourage your students to find ways to express themselves and explore themes within a poem through movement.

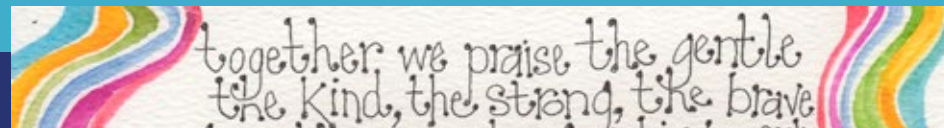


- The video has been specifically choreographed for students who may have limited space available. It can, therefore, be done sitting down. However, if you do have access to more space, please encourage the students to make the movements even bigger!
- Throughout the video your students will be guided by our facilitator, Sophie. However, do feel free to pause and rewind the video whenever needed.
- The dance has been choreographed alongside *Together Poem*, by Matthew Goodfellow. You can find a copy of the full poem at the end of this pack.
- The video is 12 minutes long. However, we encourage you and your students to continue with some of the activities highlighted below after it finishes.
- The video includes copyright free music by Fesilyan Studios. You can download the music [here](#).

Now you are ready to start the video.
We encourage you to get involved along with your students.
Have fun and get creative!

At the end of the video, Sophie suggests that you can continue creating your own movements. Here are some activities to help your students do so:

- Improvise with the material you have already learned with Sophie. Have your students pick three of their favourite movements, as well coming up with three new movements of their own.
- Create your own movements from the rest of the lines in Matthew Goodfellow's poem. Below we have highlighted one of the lines for you with some examples movements:



- Gentle:** soft movements with the arms (inspiring the way you move).
- Brave:** a motion with the body that shows or expresses bravery; facial expressions can also be used; this might be similar to the "face the things we fear" line from the video.
- Kind:** literal gestures of giving, i.e. using the hands, imagining you are physically offering something to someone else.
- Strong:** gestures of being strong e.g. flexing the biceps, or students could imagine lifting something very heavy above their head, or sitting/standing tall like a strong/noble person.

Extra Activities

Don't let the creativity stop after this video. Here are some suggested creative tasks you can continue with:

- Have a mini-performance or sharing of the dance and feel free to encourage playfulness and improvisation/free movement.
- Ask your students to draw a picture of themselves dancing or creating their dance routine.
- Write your own poem about togetherness, either individually or as a group.
- Write about what they have enjoyed or learned from the poem, the video and the activity.

Share with us

We hope you've enjoyed dancing with us.

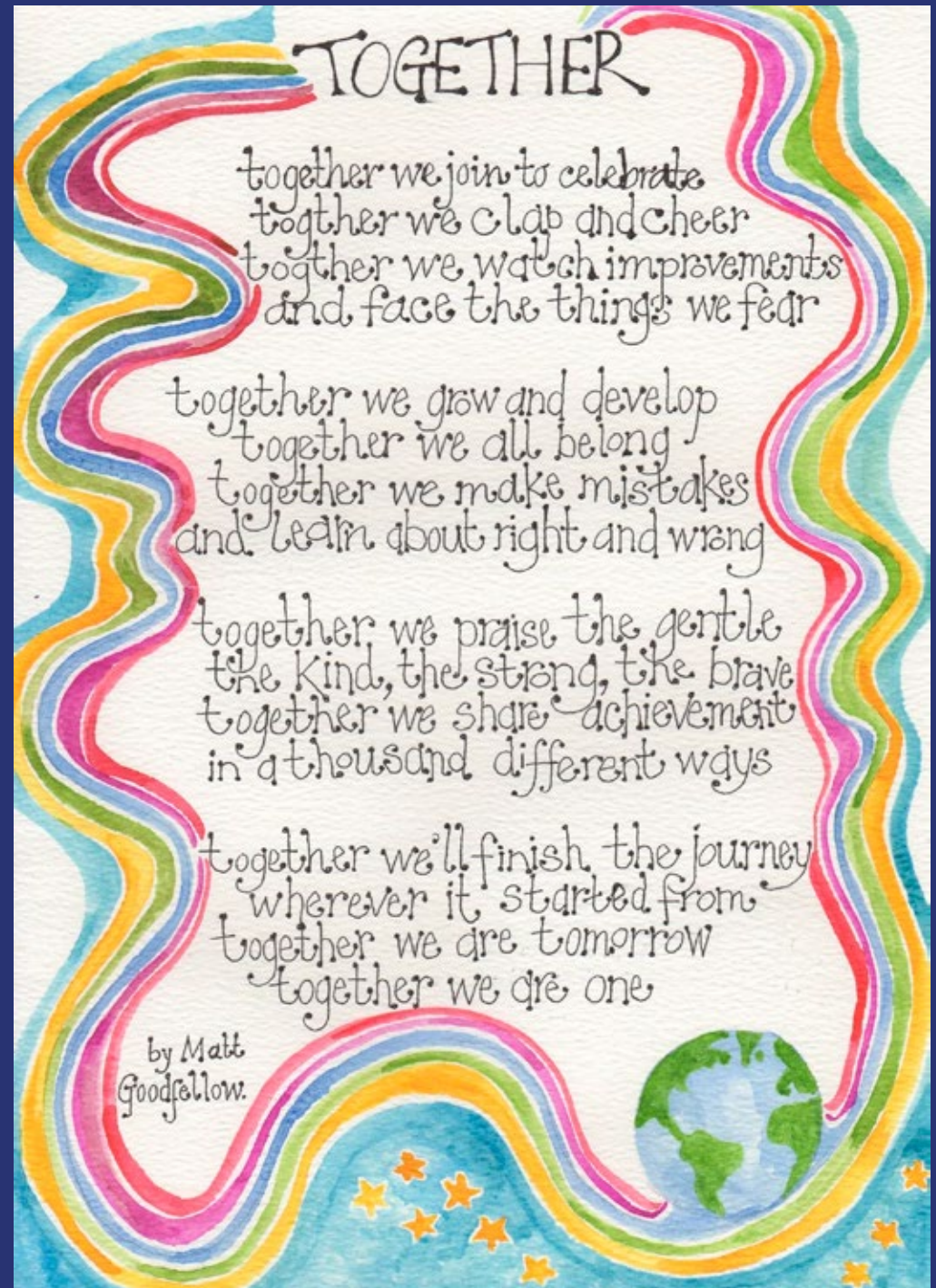
It would be great if you could share pictures and videos of the session with us, as well as any poems or artworks created!

Please send them direct to Fay Beesley (fay@kalasangam.org) or share them with us on social media using **#KSActivityPacks**

Please tell us what you thought of this activity pack by completing this short feedback questionnaire **here**.

 @Kala_Sangam
 /kala.sangam

 @kalasangam_arts_centre
 thekalasangam



www.kalasangam.org

01274 303 340 | info@kalasangam.org



Supported using public funding by
**ARTS COUNCIL
ENGLAND**



Company No. 03195878 Charity No. 1055488