



DANCING WITH PROPS – GRADES K-5

Needed Materials: balloons, scarves, ribbons, flashlights, tambourines, rhythm sticks, canes. Please note: These props are optional – you can come up with other props to use as well.

Instructions: This is a free dance exploration activity. It doesn't have a set structure but allows the students to be creative, have fun, and get up and move around in the classroom for a little while.

You'll need to obtain 3 to 5 items and make sure you have enough for all your students. Once you've obtained your items, put on some music and call out the item to be used and the students will dance around to the music with that item. They'll manipulate it how they desire, whether that be throwing it up in the air, swaying, bouncing it off the body, etc.

Let them have fun exploring movement with the item. After a few seconds or minutes, call out another item for the students to dance with, and continue the process until all items have been used. Finally, tell the students to choose their favorite item to dance with, and they'll dance with that item for the last turn.