



Exploring the Elements of Dance Series

ENERGY –Water & Ice: A Lesson on Flowing Free & Bound - Part 7 – Grades 6- 12

Needed Material: None

Instructions: For this activity, the students will learn to flow freely and bound.

Flowing freely can be compared to moving like water through a river. It's uncontrollable, unbalanced, and unpredictable. It continuously moves swirling and splashing around. Flowing bound can be compared to ice, which is still, hard, and rigid. So with music on (possibly sounds of water), instruct the students to flow freely like water and the students will move around the space like water.

When given the signal to flow bound like ice, the students will slow down their movements until they are completely still like ice. They'll remain still until the instructor says melt, and so the students will move slowly (starting with one body part and moving from top to bottom or bottom to top) until all body parts are completely melted and the students are moving freely around like water.