

DANCING IT OUT

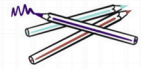
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dancemama.org



Being connected to our bodies is really important at any stage of our lives. It helps us to understand ourselves on all levels, as well as being able to express our feelings and emotions through our movements.

MATERIALS:



Steps

- 1 Play a piece of music that captures your feelings about parenting right now – it could be anything from jazz, classical, death metal – go for it!
- 2 Using a pen or pencil, trace a continuous line or pattern to show your interpretation of the music across your journal.
- 3 Next, choose eight body parts (head, arm, elbow – whatever takes your fancy!)
- 4 Create a movement for each body part by tracing the pathway of any section of the pattern you drew in step 2—for example – a curve with your left hand.
- 5 Once you've got these moves down, blend them all together and create a dance sentence to the music.
- 6 Now, make a drawing, tracing all these movements across the page.

