

Helpful Hint - May Claire Lux

Until we are able to teach music in our rooms again try adapting folk dances that students can do at their desks.

Many movement activities can be adapted to fit the space of the classroom. I have adapted multiple pieces from "Teaching Movement and Dance" to fit the needs of my students.

Here are some examples of adaptations that have worked well for me.

- Instead of sashaying have students walk around their desk.
- Have students cross their arms and tap their chest instead of clapping hands with a partner.
- Substitute students swinging partners with having them shrink to the floor.
- Ask students to come up with their own actions that take up 4-8 beats and share with the class.
- Use statues with different levels to fill the space of partner movement.

Here's a list of pieces I have already adapted that worked well in an individual formation. If you have any questions or want to know how I adapted them email me at claire.lux@plcschools.org

- **Ve David** (Rhythmically Moving 3)
- **Popcorn** (Rhythmically Moving 7)
- **Sasha** (Sashay the Donut)
- **Troika** (Rhythmically Moving 2)
- **Chimes of Dunkirk** (Chimes of Dunkirk)
- **The Kings March** (Shenanigans)
- **Cumberland Square** (Rhythmically Moving 3)
- **Seven Jumps** (Shenanigans)