



OGDEN MUSEUM
OF SOUTHERN ART

Movement Mondays: Dance Study Break



Fiona Doran, *Siblings*, 2021, Acrylic, collage and yarn, Haynes Academy

For students, the start of May signifies warmer weather and the feeling of summertime just around the corner. The beautiful blue skies and anticipation of time off from school can make it difficult to finish the school year off strong. During this last month of school, it is important to take time for yourself.

In this Movement Monday, take a study break and create a dance using your name.

Instructions

Step 1: Find an open space to dance in your home or outside. If you chose the outdoors, make sure to have a parent or guardian supervise you.

Step 2: Select one part of your body to serve as the spot where all your movement originates from. Think of it as your pencil or paintbrush. For example, I chose my right knee as the point of origin for my movement.

Step 3: Using your chosen body part, move in a way that spells out your name. Try to connect your movement together and have your “letters” flow together to create a dance.

Step 4: Repeat the activity. Select a different body part to be your origin of movement. You can also pick a different name to spell, such as your middle name or last name.

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QUESTIONS? EMAIL
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