

Hold, Melt, and Move



EQUIPMENT Upbeat music with a strong beat

SET-UP Participants stand a safe distance apart from each other in the activity area.

ACTIVITY

- Have participants choose a static position, such as a stork stand, squat, yoga pose, animal pose, or superhero pose.
- Ask participants to *hold* their pose for eight beats of the music.
- Participants then *melt*, allowing their pose to dissolve for a count of eight beats of the music.
- Direct participants to choose a locomotor pattern to *move* across the activity area for eight beats of the music (e.g. skipping, hopping, grapevine).
- Ask participants to team up with a partner and “hold, melt, and move” together.



DANCE AND RHYTHM