

# SHAPE SHIFTER



DANCE

## EQUIPMENT >>>

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- ✓ Music of varying tempos and genres

## SET UP >>>

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

## ACTIVITY >>>

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- ✓ When the music begins, participants move through the activity area using various levels, speeds, pathways, and directions.
- ✓ Call out, "Shape!" and participants stop and create a "shape" of their choice with their bodies. They hold the pose for five seconds. After the five seconds are up, participants continue circulating around the activity area.
- ✓ Call out "Shape Shifters!" and participants stop and create three "shapes" of their choice with their bodies, shifting from shape to shape.
- ✓ The activity continues until the activity leader signals to stop.