

DANCE

WELLBEING ACTIVITIES TO TRY:

- **Mime**—Write down a range of adverbs and a range of actions on separate pieces of paper (some examples have been done for you on the next page) and then place them face down in separate piles. Mix them up thoroughly and then pick an adverb and an action. Can you act out the action in the manner of the adverb without using your voice (mime)?
- **Dance** — can you turn your mime into a dance by choosing one of the actions/adverbs and developing it by adding travelling, gestures, jumps and turns and possibly also stillness? Can you create a second dance based on the adverb you think best fits your personality? Can you add music which best fits you?

OTHER PLACES TO GET IDEAS:

[Click here](#) for the Royal Academy of Dance's Children's Ballet Exercises — great for all dancers!

[Click here](#) for the Royal Academy of Dance's 'Step it Up' lessons

[Click here](#) for the Cheshire Dance's Education Playlist



ADVERBS & ACTIONS

Adverbs

happily	sadly	angrily
slowly	joyfully	carefully
casually	quickly	foolishly

Actions

get dressed	eat lunch	go up steps
read a book	walk	ride a bike
run	skip	watch TV