



**St. Louis Symphony  
Orchestra**

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## **SLSO At-Home Learning**

### **Adding variety to movement activities**

Children love to move! So, let's get moving with our children. Need some inspiration? Put on your favorite piece of music and try out a few of these concepts. Remember, sometimes the silliest of movements are the most fun and exciting. Get creative and get moving!

#### **1. Locomotor Movement or Non-Locomotor Movement**

Locomotor movements cause the body to travel through space. Examples include walking, running, crawling, skipping, rolling, or galloping. These types of movement challenge young students to safely share space with others.

Non-locomotor movements do not cause the body to travel through space. Examples include swaying, rocking, squatting, doing the twist, or stretching.

#### **2. Three Levels**

Movements can happen at three different levels: high level (up above the head), middle level (around the body's mid-section), and low level (down by the floor). Move beyond your middle level and create movements that take your arms above your head or your body all the way down to the floor.

#### **3. Lead with Different Body Parts**

As you move through space let different body parts do the leading. What would it look like if your right thumb or elbow was leading your body? How about one of your hips, or the big toe on your left foot?

#### **4. Isolate Different Body Parts**

It's not just your hands that can perform the beat! Encourage students to isolate different body parts when they move. Can they perform the beat with just their right shoulder? Can they move just their hips? Can they keep the beat using just the muscles in their face?

### Getting started

- Freeze Dance – move when the music is playing and freeze when the music stops
- Shadow Dance – one person leads while the other person shadows their movements
- Mirror Dance – facing each other, one person leads while the other person mirrors their movements
- Check out the Fast and Slow Orchestral Music Guide for some suggested pieces of music for movement activities

