

## Creativity in Motion Class #2 – A Trip to the Museum

### [Vimeo Link - A Trip to the Museum](#)

This class has four activities. Here's what to expect from each.

#### #1 CHECK IN



Participants are invited to check in. The instructor will ask you to make observations about the physical space around you and to think about how you are feeling today.

**Begins at 1min 45secs**

#### #2 BODY WARM UP



A simple dance party to get our bodies ready to move! The instructor will show different movements using four main parts of the body. You are invited to repeat what you see and to create your own movements.

**Begins at 4mins 15secs**

#### #3 The Museum



You will see images of famous paintings and sculptures. We will use our bodies to become the painting or sculpture you see.

**Begins at 10mins 45secs**

#### #4 You are the Artist!



You are invited to use whatever supplies you have at home to draw, paint, or sculpt your own piece of art.

**Begins at 17mins 15secs**