

## Creativity in Motion Class #3 – Superheroes to the Rescue!

<https://vimeo.com/506141367>

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 2 minutes 6 seconds

### #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 5:00 minutes

### #3 Build a Superhero



You are invited to create your own unique superhero character. You will be asked to imagine or find...

- A super shield
- Your super power
- Super clothes
- Superhero name
- A superhero pose

Begins at 13:18 minutes

### #4 Save The World!



The instructor will create an imaginary world crisis. Decide how your superhero would save the day, and then act it out!

Begins at 31 minutes