

## Creativity in Motion Class #4 – Water and Waves <https://vimeo.com/531351150>

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 25secs

### #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 4:00 mins

### #3 WATER PAINTING



Using water as our paint, and any blank paper or cardboard surface you have, we will free paint whatever we imagine. Then, we will try to copy a design or shape that you see you screen. Next, can you make that shape with your body?

Begins at 10mins 54 secs

### #4 Poetry in Performance



Using lines from a poem, we will create movements to match the words we see on screen.

Begins at 26mins 45secs