

## Creativity in Motion Class #5 – Music as Movement – <https://vimeo.com/532417870>

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 2:00 minutes

### #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 5mins 5secs

### #3 Music as Movement



Five different songs will be played. As you hear each song, move your body to match what you hear. As an additional challenge, the instructor will provide specific parts of the body to isolate and move in time with the music.

Begins at 9mins 30 secs

### #4 Draw What You Hear



One final song will be played. As you listen to the song, use art supplies to draw what you hear. Are there feelings or images that come to mind when you hear the music? What do those look like? Get creative and cover your paper with art!

Begins at 26mins 5secs