

14 DANCE WITH NATURE

Have you ever seen a dance of nature? What kinds of movements are there in nature? When do they occur? And yes! Your surrounding is filled with many kinds of dancing elements. Nature also has its own special dance movements.



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ACTIVITY 1 Nature and Body Movements

Using your hands, arms and body, try to show the movements in smooth and flowing ways, similar to the gentle movement you see in nature.

Nature has lots of trees and flowers. They have different shapes too! Observe your surroundings—

- Animals, birds, butterflies, and insects.
- How does an elephant walk, how does a monkey behave?
- Using your full arms, taking long steps, moving your body, try to copy their actions.

Let us put in steps and rhythm to our actions. You can create music from your voice.

ACTIVITY 2 Nature and Rhythmic Movements

Choose any bird, animal or an element from nature.

Show the movements using your large and tiny parts of the body.

For example, show how a peacock dances rhythmically in 4 beats in a soothing manner:

- Move your head front and back.
- Spread out both your hands.
- Walk on your toes.



ACTIVITY 3 Story of Nature in Dance

Now it is time to have fun all together.

Are you ready?

Choose your favourite theme from nature.

For example,

- Seasons like summer, monsoon, winter, spring.
- A day out in the forest.
- Heavy rain.

In changing seasons, you can show:

- Sun for summer— with a circular motion and a tired body.
- Wind for winter— swing your hands side to side.
- Rain and storm for the monsoon— big steps with turns and spins.
- Playing Holi in the spring, according to your likes.



Tell a story of nature through dance. Again, this needs a lot of coordination and understanding between each other.

Can you remember any folk dance that you have learnt about earlier?

Let's start ...

ACTIVITY 4 Dancing to a Regional Song

Do you know any of the regional songs sung in different parts of our country? Can you create a dance on that song with your friends?

- Identify the beats.
- Try to create your steps for the particular regional dance.
- Put together solo, duet or group dance performances.

How about performing this dance in the school assembly?

Then let us **practice, practice and practice.**

There are different types of regional dances in our country. We can all watch some of these dances in our important festivals or events.

How did you feel after experiencing the above activities?



Teacher's Note

The teacher or a parent can suggest the song and help in this activity.

Most of the folk dances are performed in a group.

Every folk dance has a proper theme. Folk dances are performed during rituals, get-togethers, celebrations, etc. Folk dances are performed by all together.

