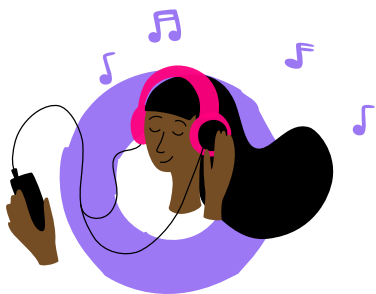


## Try this at home

Pick an activity and get creative.

You should be able to find everything you need at home.



### Activity 1

Put on your favourite song and create your own dance routine. Show how the song makes you feel through movement.

### Activity 2

Choose a favourite book or film and create a mime sequence to tell the story from start to finish.



### Activity 3

Imagine you are going to be directing a show. Collect recycled materials you have in your home (e.g. a shoebox, newspaper, cans) and create a mini set.

### Activity 4

Choose a favourite character. Dress like them, adopt their movements and try to speak in their voice. How long can you stay in role for?



## Discovering 'Me' with MOVES

Colour  
me in

sky arts

Access all Arts

Access All Arts is a nationwide week when children across the country celebrate the arts, building creativity, skills and confidence along the way.

Your child has been rolling their sleeves up and getting stuck into a week of arts at school. This year's theme is identity, which means they have been celebrating individuality and what makes each one of us unique.

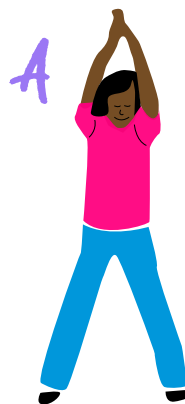
Now it's time for children to continue their movement adventure at home, boosting wellbeing and self-esteem along the way.

Why not dip into the activities here to continue their creative journey.

## Discovering your name

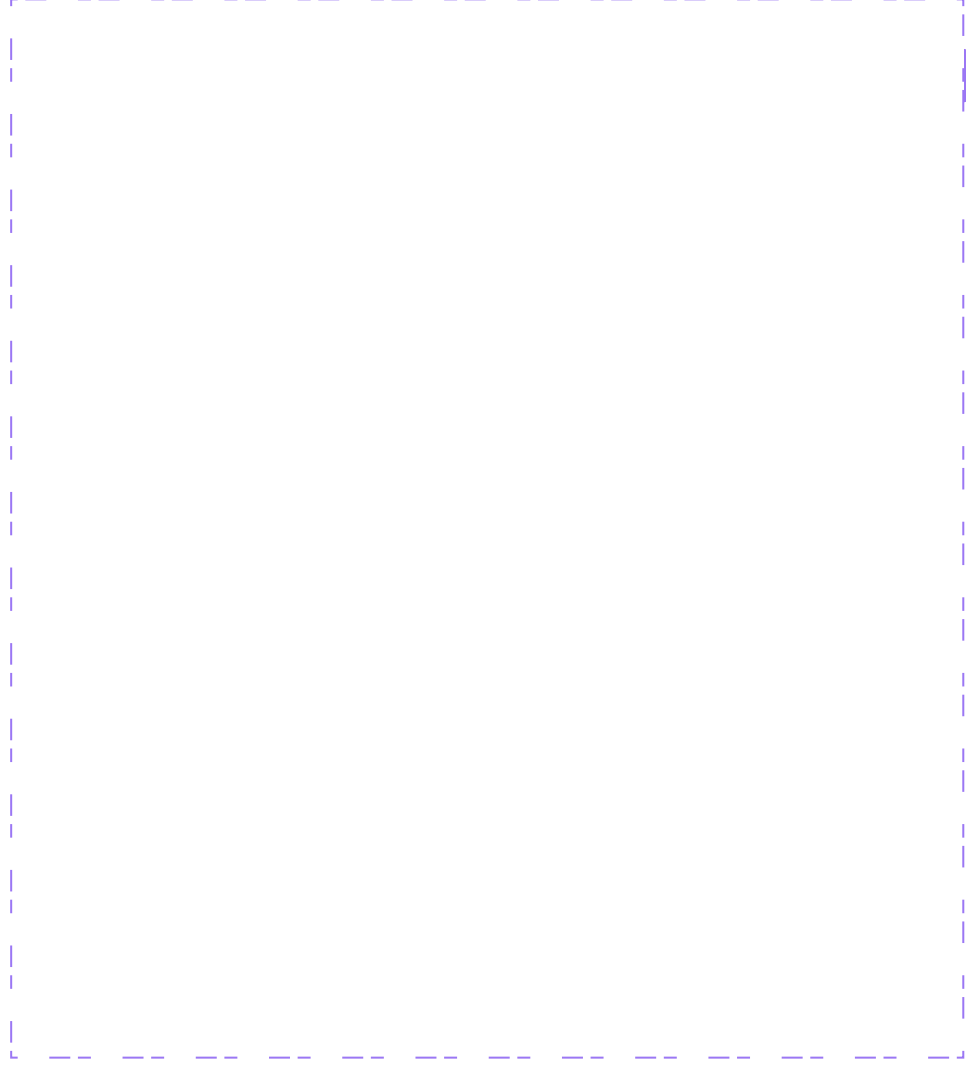
### Spell a sequence

Use the letters of your name to create a movement sequence. Make each letter using your body.



## Discovering your favourites

**Choreograph a dance routine**  
What do you love doing or what are you passionate about?  
Draw your ideas in the space below.



Choose **one** of your passions as an inspiration to create your own dance routine. You might make a dog-walking dance, a book-reading boogie, or a sports shimmy.

2

## Discovering mime

**Can you communicate without your voice?**  
Mime artists create characters, express emotions and tell stories without making a single sound. Instead, they use only gestures, expressions and movements.

Have a go at miming the scenarios below.

**Scenario 1**  
Winning a race.

**Scenario 2**  
Trying to stay on board a boat in stormy weather.

**Scenario 3**  
Blowing up a balloon that pops.

**Scenario 4**  
Picking flowers and smelling them.

**Scenario 5**  
Looking through binoculars and seeing something scary.



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