

# ACTIVITY: DEVELOPING CHARACTER THROUGH DANCE

**RECOMMENDED AGE: 4 and up**

**TIME: 10 – 30 minutes**

**SET-UP: Adults – ensure that you have a clear space for children to dance**

**SUPPLIES:**

- **Access to different styles of music and a way to listen aloud (CD player, phone, computer, etc.)**

Let's dance! Taking time to understand how our bodies move and react is important to developing characters, and a great way to start is to discover how your own body moves! Engage your body with the activities and games below!

## INSTRUCTIONS

1. To start, find music you enjoy and “free dance” or, just dance around! Notice how you react to the music. Pick 2-3 different songs and notice the differences. Do you change the way you dance based on the song? What changes in your dancing (speed, rhythm, etc.).
2. Next, find 2-3 songs that differ in style from one another (this could be the songs you already listened to). This time, take 5-10 seconds listening to the music and think about how it makes you feel, then dance or move around in the way the music makes you feel. If the song makes you feel strong, what does that look like? Continue to do this with various pieces of music.



INDIANA  
REPERTORY  
THEATRE