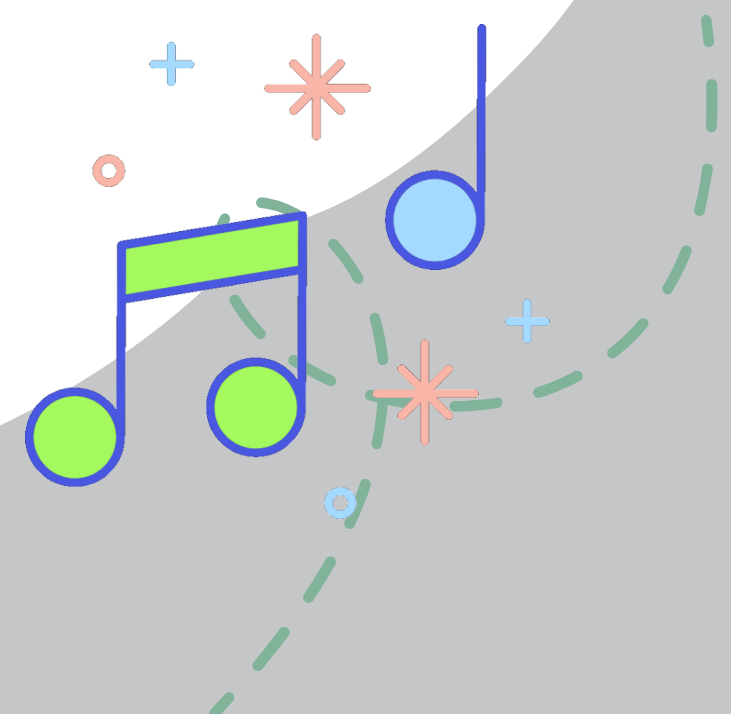
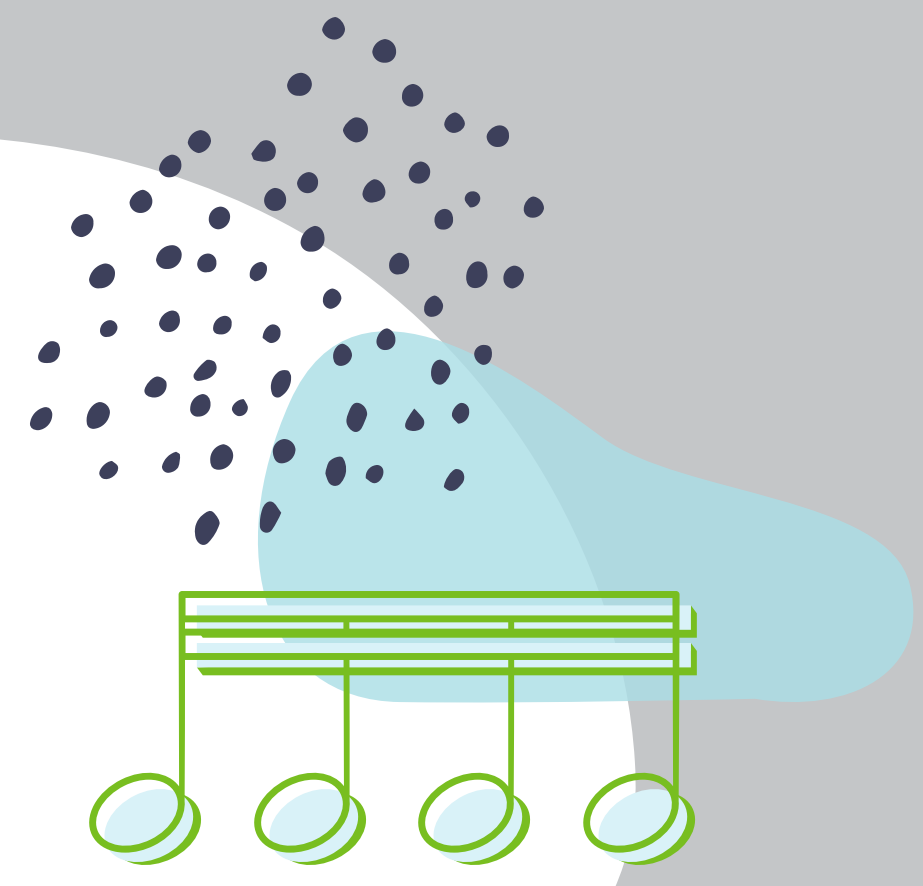




CONNECTING THE DOTS
HEALTH AS ART

Let the Music Move You: Ribbon Dancing

An art-based social-emotional health activity for
mindfulness and sensory-based learning.



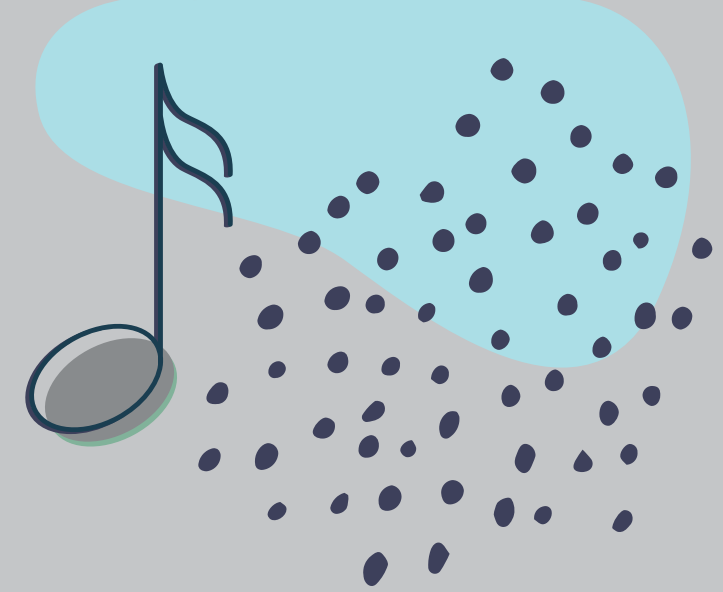


What is mindfulness and sensory-based learning?

Mindfulness-based learning helps us to teach our brains ways to bring our attention to the present moment. It helps us to reflect on what is happening within our own bodies, in the environment that surrounds us, and influences how we connect with others.

Sensory-based learning encourages us to learn through creativity, exploration, and imagination using one or more of our five senses. It helps us to build connections between the brain and body and helps us to learn new information in a way that is most helpful to us.

Connecting the Dots



Emotional Expression

Dancing helps us to express emotions that may otherwise be overwhelming or confusing.

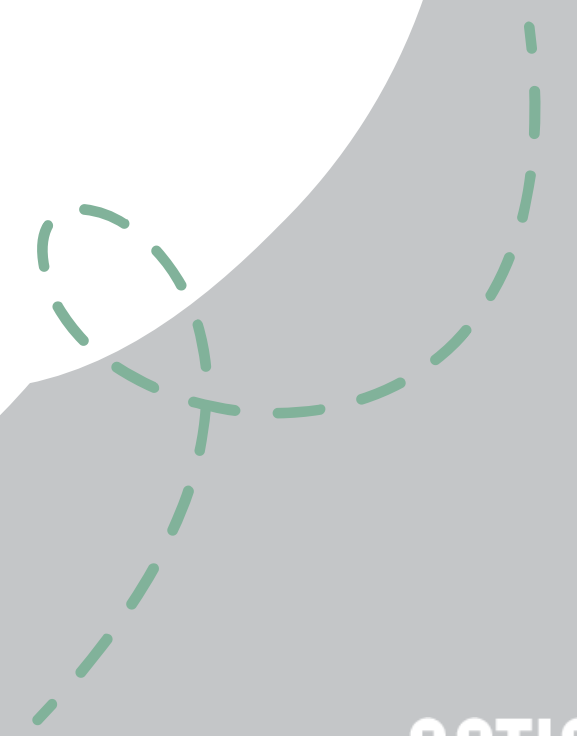
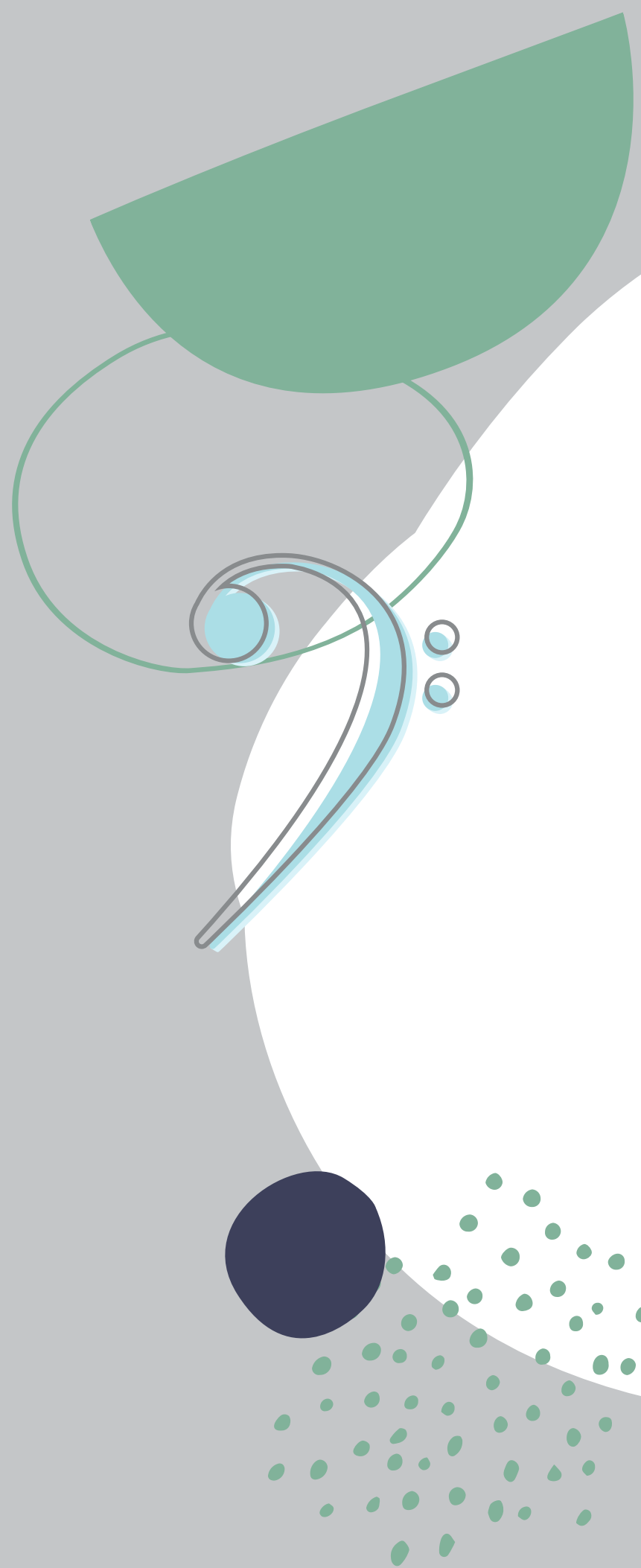
Physical Activity

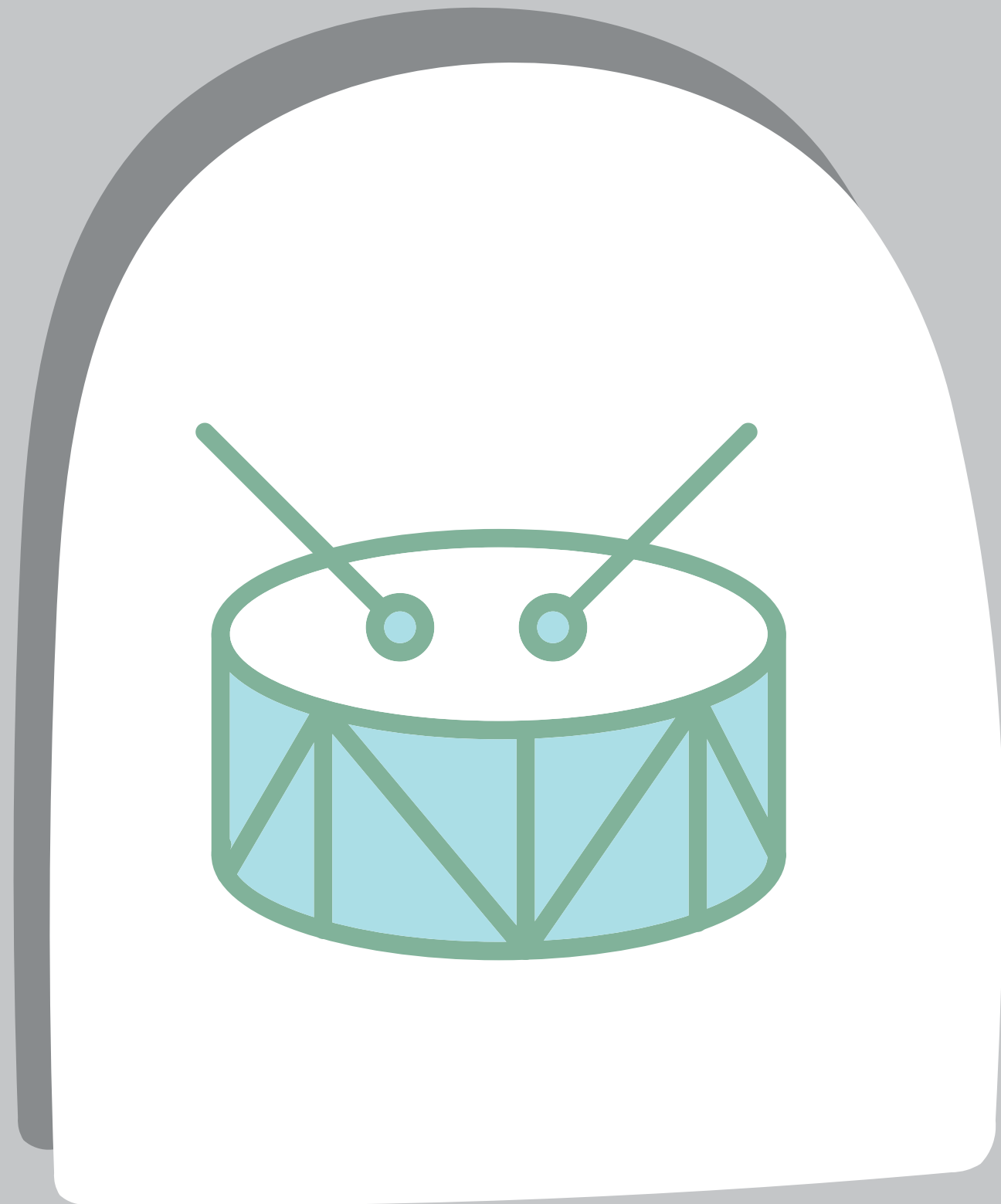
Movement acts as an expressive outlet for us to release and share emotion! Dancing is a creative form of physical activity - helping us stay active and have fun.

Creativity

There is no right or wrong answer when it comes to creativity! Ribbon dancing provides an opportunity to get creative both while building the ribbon wand and while dancing with it!

Get to Know Your Music





What is a beat?

A beat is the main accent or unit of music. In other words, it's the regular pulse of the music.

We make a beat with our heart! Place your hands on your chest and listen to the beat of your heart. What does it sound like?

What is tempo?

Tempo is the speed at which music is played.

Place your hands on your chest and feel how fast or slow the "tempo" of your heartbeat is. How many beats can you can in 30 seconds?

Do five jumping jacks and check it again. Did it change?



What is a rhythm?

Rhythm is the pattern of beats in time.

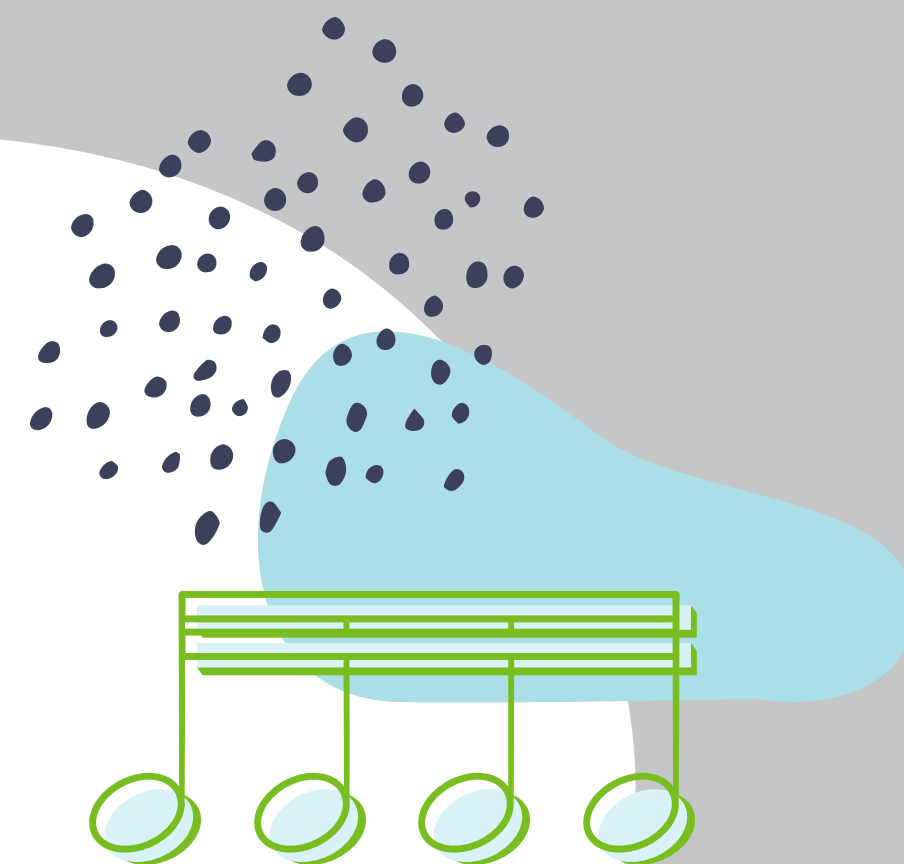
Place your hands on your chest and listen and feel for the rhythm of your heart. Maybe it sounds like...

Buh bum... buh bum... buh bum

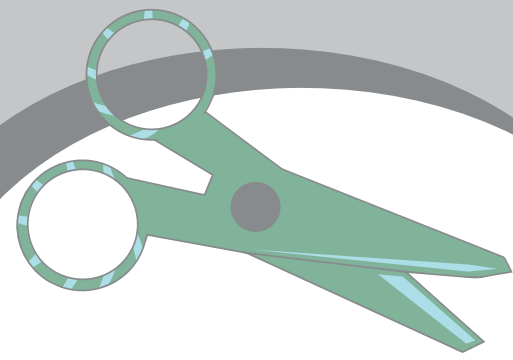
Tap the rhythm of your heartbeat on your knees keeping a steady pace.



Create a Ribbon Wand

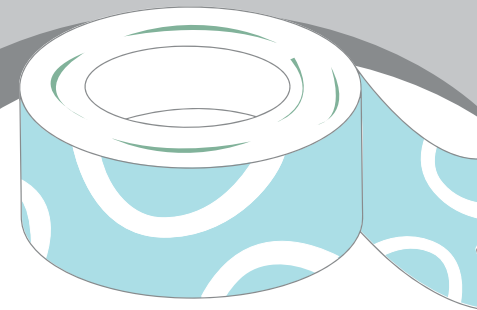


Ribbon Wand Materials



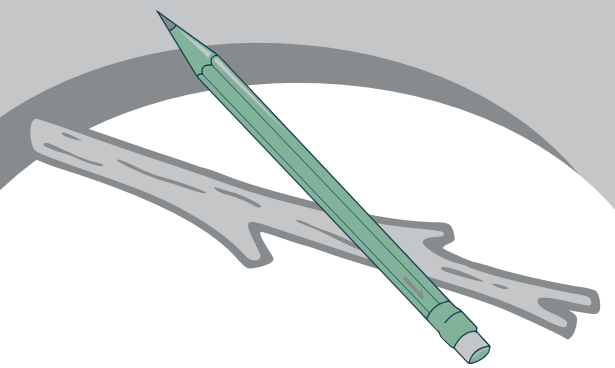
SCISSORS

Find a pair of child-safe scissors or ask an adult for help!



RIBBON

Gather a variety of colorful, patterned, and textured ribbons. Don't have ribbon? You can cut strips from an old t-shirt or rag!



STICKS/PENICLS

Explore outside to find a fallen stick or use an old pencil from home!

Assemble Your Ribbon Wand

STEP-BY-STEP INSTRUCTIONS

1

CREATE RIBBON STRANDS

Take your scissors and cut the ribbon strands to your chosen length. Explore cutting the ribbon strands at different lengths!

2

TIE RIBBONS STRANDS TO STICK

Starting at the very end of your stick, start to tie your ribbon strands using the technique on the next page!

3

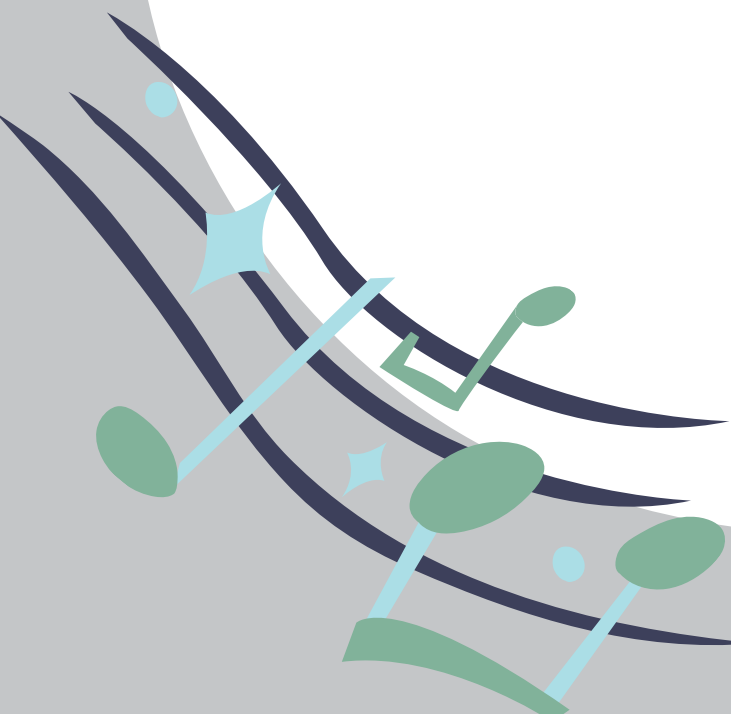
TEST AND ADJUST

Wiggle your wand around to make sure the ribbons are securely fastened. Adjust any loose ones and voila!

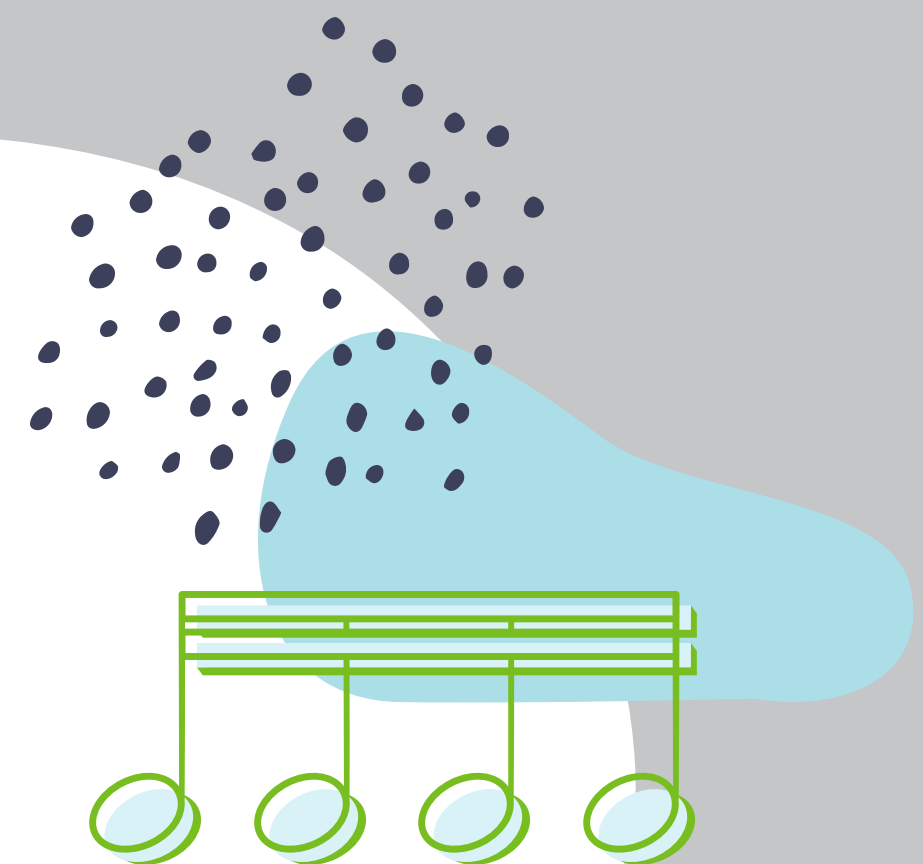
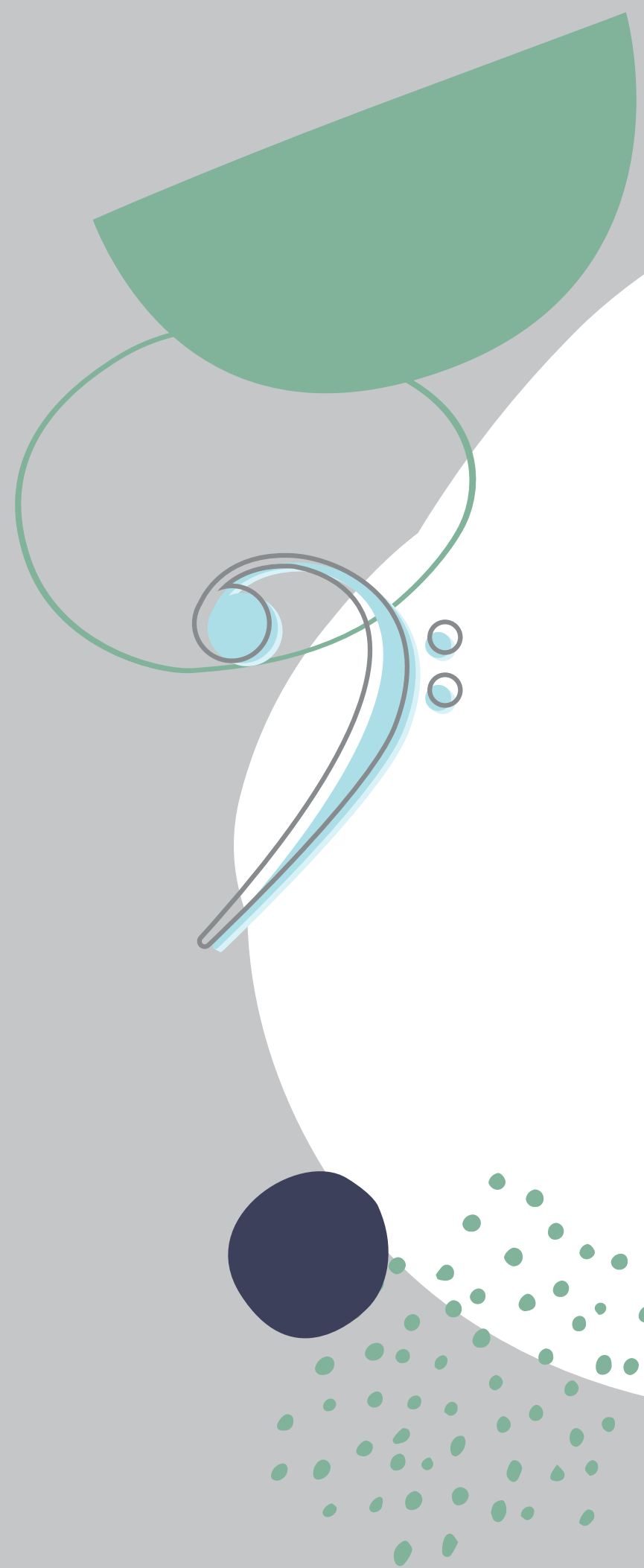


Tying Your Ribbon Strands

Cut your ribbon strands to a length of 2-3 feet or a length that feels best for you. Fold the strand in half and wrap the loop around the base of your stick. Pull the two loose ends through the loop and secure them around the stick. If your knots are not staying, ask an adult to help you glue or tape the ribbons to the end or tie a tighter knot!

- Use ribbons with different textures and colors to add some variety to your wand!
 - Make sure your ribbon strands are long enough to flow through the air!
- 

Let the Music
Move You!



Let's Dance!

Grab your ribbon wand and let's get moving!

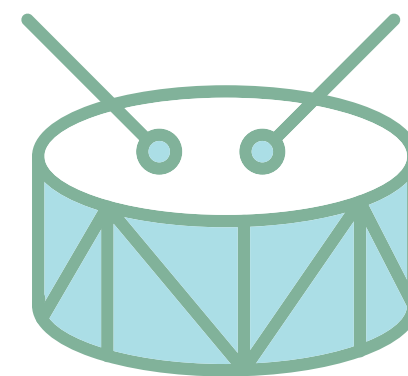
Make a playlist of songs with different beats, tempos, and rhythms or play random songs for a surprise and see how the music makes you feel! A slow, harmonic song might elicit feelings of calm or mellow while an upbeat, bouncy song might bring out feelings such as happy or inspired.



Move to the...

BEAT

The regular pulse of the music



RHYTHM

The pattern of the music



TEMPO

The speed of the music



PUT IT TOGETHER

Dance to the music and reflect on how you feel! If dancing with a group, have some people dance to the beat, others to the tempo, others to the rhythm and see how the movements are alike or different!

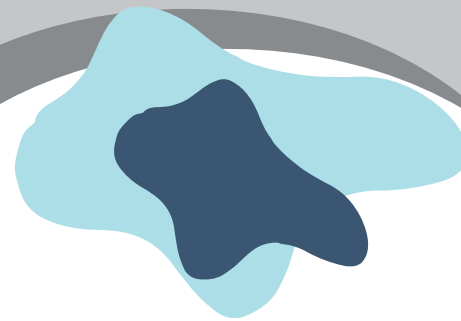


Get Creative



ANIMALS

Pick an animal to imitate and explore different movements as you wave your wand!



ABSTRACT

Try not to overthink your movement! Allow the music to guide you. There are no right or wrong answers! What shapes can you make?



TEAMWORK

Create a dance with a partner or group of friends! Talk about how the music makes you feel!



Reflective Wrap Up

- What feelings did the music help you to express?
- How did your feelings change as the music changed?
- What did you notice about your ribbon wand? Did it make shapes? Did it move in different ways as you moved to the music?
- Practice with a friend or family member. How were your feelings alike or different?
- How can you use music and movement to manage and respond to big feelings?