

Dance Storytelling

Exercise | Dance



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WHAT MAKES IT MEANINGFUL

Dance Storytelling is meaningful because it transforms movement into a powerful way to communicate and express emotions or narratives. It allows individuals to convey complex feelings and stories through dance, making it a deeply personal and creative experience. By combining physical movement with storytelling, it enhances emotional connection, fosters self-expression, and offers a unique way to engage and inspire others. It's impactful because it brings stories to life in a dynamic and memorable way, creating a shared experience that resonates on an emotional level.

TIME

30+ Minutes

MATERIALS

- Paper and pen (for planning your story)
- An open space to move freely
- A device for playing Music



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INSTRUCTIONS

1. **Pick a Story:** Decide on a story you want to tell through dance. It could be a favorite fairy tale, a personal experience, or even a fictional adventure.
2. **OR pick an Emotion:** Alternatively, you can focus on expressing a specific emotion like happiness, sadness, or excitement through your dance.
3. **Break It Down:** Think about the key parts of your story or the different feelings you want to express. Write down these main moments or emotions.
4. **Create Moves:** Develop dance moves that represent each part of the story or emotion. For example, a joyful part might include jumping or spinning, while a sad part might involve slower, more flowing movements.
5. **Sequence the Moves:** Arrange the moves in the order that tells the story. Practice transitioning smoothly from one part to the next.
6. **Practice:** Start practicing your dance moves to make sure you can perform them smoothly and confidently. Try to convey the story or emotion clearly with your movements.
7. **Add Music (Optional):** Choose a song that matches the mood of your story or emotion. Practice dancing with the music to enhance the storytelling.
8. **Set Up:** Make sure you have enough space to dance and that you're comfortable with your routine.
9. **Start Dancing:** Perform your dance, focusing on telling the story or expressing the emotion through your movements.
10. **Express Yourself:** Use facial expressions and body language to add more depth to your performance.
11. **Show Your Dance:** Share your dance with friends or family, or record it to watch later. Enjoy their reactions and feedback.
12. **Reflect:** Think about how the dance went. What parts of the story or emotion did you feel you expressed well? What might you change next time?

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RESOURCES

- How to make a Spotify Playlist: [Create playlists - Spotify](#)
- How to make a YouTube Playlist: [Create & manage playlists - Android - YouTube Help](#)
- How to make an Apple Music Playlist: [How to create a playlist in the Apple Music app - Apple Support \(CA\)](#)
- How dance is good for development: [Dancing and the Brain | Harvard Medical School](#).
- Benefits of Dance as Exercise: [Dance - health benefits](#)
- Simple exercise warm ups: [Introduction and gentle warm up exercises | Move more with MS](#)
- Simple dance moves: [BASIC DANCE MOVES FOR BEGINNERS | EASY TUTORIAL](#)

SUPPORTS NEEDED

Some individuals may need assistance operating the technology.

OTHER THINGS TO NOTE

- Be Creative: Feel free to use props or costumes to enhance your storytelling.
- Keep It Simple: Focus on clear movements that effectively convey your story or emotion.
- Have Fun: Enjoy the process of creating and performing your dance!