Benefits of Dance:

Inspired by Anne Green Gilbert’s *Dance Concepts*, and the work of modern dance pioneer, Rudolf von Laban, these dance moves provide a multitude of benefits for students, teachers, and families.

These dances can help children of all ages:

- Feel more confident in creative play
- Develop social skills
- Practice balance
- Experience less stress
- Express their uniqueness
- Playfully exercise
- Support brain cognition and cerebral cortex development
- Boost serotonin levels
- Hydrate and celebrate a healthy life

“Authenticity is the ALIGNMENT of head, mouth, heart, and feet—thinking, feeling, saying, and doing the same thing—consistently.”

- Lance Secretan

What’s Included:

- Dance Concept Lesson Plan
- Choreography with Adaptations
- Music link
- YouTube Video
- Cross-Curricular Ideas
- Animal Fun Facts
- Coloring Book Page
- BONUS Animal Poster

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Choreography

“These movement patterns wire the central nervous system by laying the foundation for appropriate behavior and attention, eye convergence necessary for reading, sensory-motor development and more.” - Anne Green Gilbert

Each dancer stands in his/her individual PLACE within the group SPACE.

Stand straight and tall like a tree, in standing pose, with feet rooted to the Earth.

Namaste, hands together at the heart.

Inhale, hands swoop down and then up over head. Palms come together.

Exhale, lower hands down the center of the body in front of heart. Namaste.

Smile and repeat. ✖

Additional Ideas

These movements work well as a segue to activities where quiet focus is appreciated and appropriate. This is a great time for quieting, centering, focusing, and breathing deeply.

✈️ Follow the breath. Have students focus on filling every inch of their lungs. Also, they can count during inhalation and exhalation. It’s a fun way to work with math concepts. This also stimulates oxygen flow to the brain.

✈️ Stretch prior to, and after, physical exercise or new activities.

✈️ Have students find their own PLACE in the general SPACE to quietly go within.

✈️ This is also a great time for intention setting. See it. Believe it. Achieve it!

Fun Facts about Alpacas

- Alpacas are related to llamas.
- They were raised over 6,000 years ago by the Incas.
- Incan royalty wore the soft fur, and people still love it today.
- They are found in Peru and all over South America.
- Alpacas hum to communicate.

Alfredo, the Aligned Alpaca

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Music & Video Links

YOUTUBE TV CHANNEL

Below, you’ll find the link for an Alpaca Alignment video and other playful videos created to inspire health, creativity, and unique expression.
https://youtu.be/ xQn6D3eZ41A

SOUNDCLOUD MUSIC

Here is a link for the Alpaca Alignment song from the album, Animals Get Funky! You can also stream it on all of your favorite apps.
https://m.soundcloud.com/ user-99344798/alpaca-alignment

“The magic of DANCE is waiting for you!”

Contact Us

Feel free to connect for more information about curriculum, camps, live events, and more.

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Multiple Modality Implementation

These ideas highlight Howard Gardner’s Theory of Multiple Intelligence and can be implemented throughout different subject areas.

- Interpersonal—Have students imagine they are all connected through a tree root system growing out of their solidly grounded feet.
- Body/Kinesthetic—Invite students to sway like trees in the breeze while they stretch, bend, twist, etc. Remind them to stay grounded and rooted in their own PLACE.
- Musical/Rhythmic—Play the silent game and have students notice the quiet stillness. Then ask students to focus on listening to their breath and the sounds that emerge.
- Verbal/Linguistic—This is a fun time to play a version of Simon Says. See if your students can pay close attention, and follow your instructions, as you guide them into different stretches, freezes, and standing poses.
- Visual/Spatial—Have students take turns illustrating a pose like a frozen statue. The other students can copy what they see.
- Mathematical /Logical—Create different shapes with your whole group while still maintaining personal SPACE. Can they form a large circle, square, or triangle? How do they solve problems while keeping their own PLACE?
- Intrapersonal—Ask students to end their breathing exercises by setting a goal or intention for their day. Have them focus inward and silently share something that makes them grateful.
- Naturalistic—if possible, head outside and do this dance under the trees!
Alpaca Alignment

From a solid base
Stand in PLACE

Breathe deep
Put a smile on your face

Alpaca Alignment
Straight and true

The magic of dance is waiting for you
Alpaca Alignment

From a solid base, stand in PLACE.
Breathe deep and put a smile on your face.