

LITTLE BIG DOTS

AT

HOME

Worksheet

Welcome to Little Big Dots at Home! This family creative dance session is brought to you by Dot Dot Dance and is commissioned by The Mill. Before participating in the workshop, please ensure that you have read our Safety Guidelines & Disclaimer.

For this workshop you will need **SOCKS** - the more the better!



Warm Up

Find a safe space to dance and put on some of your favourite music!

1. Listen carefully...can you begin by **tapping** your legs with your hands, along to the beat of the music?
2. Can you **clap** your hands along to the beat of the music?
3. Can you **shake** your hands along to the beat of the music?
4. Can you **sway** from side to side?
5. Keep repeating the actions; **tap**, **clap**, **shake** and **sway** until the end of the song

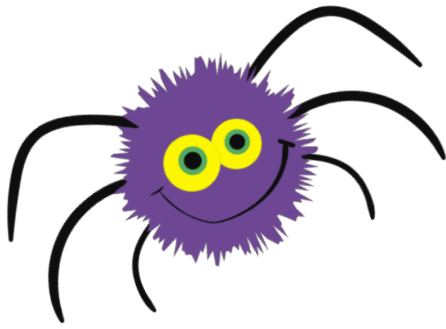
Floor Stretching

Put on some calm music and find a comfortable space on the floor/on a chair

Let's begin by warming up our **HANDS**:

- Can you wiggle your fingers? How slowly and quickly can you wiggle them?
- Can you stretch your hands as big and as small as possible?
- Can you move your hands towards and away from someone in the room?





Now let's imagine that we have 2 **SPIDERS** in our hands. The wriggly spiders tickle our head, shoulders, tummy, knees, legs and feet.

Gently brush the imaginary spiders off each of the different body parts.

This can also be done in partners, taking turns with who is the spider.

Now let's imagine we're at **SEA**

Grown-ups: Sit with crossed legs and place your child on your lap. Gently rock from side to side as if you are on a **BOAT**.

Now, with the children still on the grown-up's laps, make yourselves as small as possible and then stretch out as big as you can - like a **STARFISH**.



Repeat several times

Creative Task: Walthamstow Wetlands

Today we are going to be exploring the theme of The Walthamstow Wetlands. The Walthamstow Wetlands is a beautiful place where you'll find some amazing wildlife. Let's start by exploring some of the animals we might find at the Wetlands.

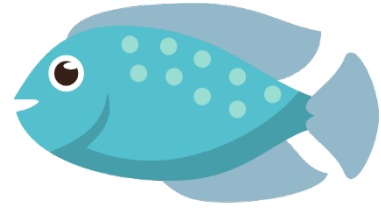
It's time to get our **SOCKS** and we are going to see if we can move the socks like the different animals. You might also want play some upbeat music



- Can you begin by wriggling your sock like a **CATERPILLAR** by holding it or by placing you hand inside it?
- Can you wriggle the sock quickly / slowly / up high / down low?
- Can the caterpillar travel along different part of your body - arms, legs, on your head?
- Can it travel around your room? On the wall? On the floor?

Now let's see if we can move the sock like a **FISH**:

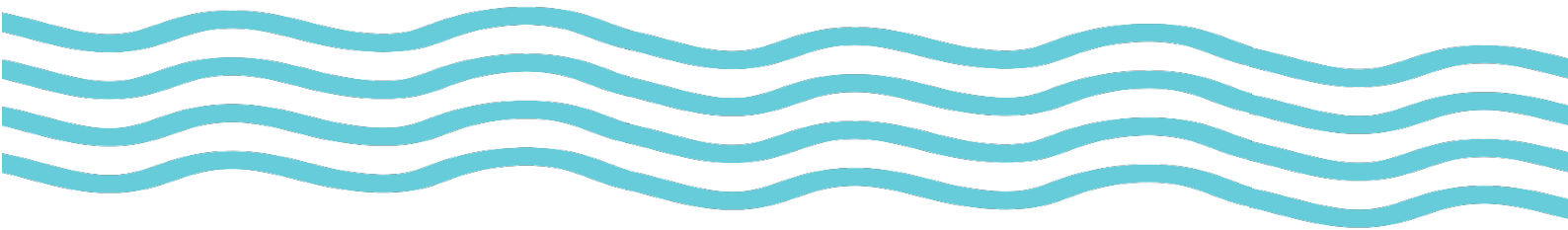
- Place your hand inside the sock and see if it can swim around your space? Up high / down low?
- Can the fish lead you around the space?
- Can two fish swim together?



Maybe the sock could also be a **BIRD**! Fold your sock in half and hold it at the fold.

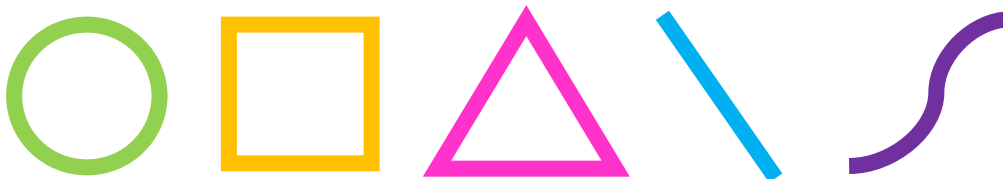
- Can the bird fly around your room?
- Can it swoop down to the ground and then soar up to the sky?
- What noises does your bird make?

What other animals can your sock be? What are your ideas? Let's keep exploring



In the Walthamstow Wetlands you will see lots of **WATER** in different shapes. You might find a circular reservoir, wiggly rivers, and long straight canals. With our socks, let's see if we can build some different shaped river, canals and reservoirs. Let's get building!

What water shape are you going to make? Circle, square, triangle, straight line, wavy line? Try and make 3 different shapes



Choose your favourite shape. How can we travel along our water shape? Can you Walk? Tip-toe? Sideways? Backwards? What are your ideas?

Keep the same sock shape or choose another. Can we now explore travelling across and over the water shape? Can you jump over it? Can you swim over it? Can you hop? What are your ideas?

Let's explore how we can travel around our water shape? Crawl? Skip? Move slowly / quickly? Keep exploring!

Cool down

After all of that exploring and moving, it is now time to cool down. Put on some calm music and find a comfortable position on the floor/ a chair.

Imagine that you have a big pot of paint in front of you. Now put one hands into it. Shake your hand, so that it gets covered in the imaginary paint. Once your hand is covered in paint, draw a rainbow above your head by reaching your arm over to one side. Repeat with your other arm.



Now let's put some stars into the sky, by stretching our hands out in front of us. Where are you putting your stars? In front of you? Behind you? To the side? Up to the sky, or on the floor?

Now take a deep breath, breathing in... and out... (repeat 3 times)

Well done, you've completed the workshop. Give yourself a round of applause!

Additional Tasks

- Can you make an animal sock puppet? Add some googly eyes and put on an animal puppet show!
- Can you draw around a pair of socks and design you own pair from paper?
- Can you build objects out of socks? A House? A Car? Flowers?

Thank you for participating in Little Big Dots at Home. We hope you enjoyed it! For further information, please visit our website and social media pages.

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