



One Idea

A fun way to dance and work as a group.

Project Type: Creative/Tactile, Movement

Group/Individual: Group

Lesson Plan Audience: Maker Mentor, Makers

Time: 1hr

Hard Skills: Endurance

Soft Skills: Respect, Teamwork, Communication, Creativity

Ideal # of Participants: 5-20

Age Group: 6+

Ideas for Taking it Further

- Participants could use the movements they come up with to choreograph their own dance.
- Instead of finding one idea and finishing, this could continue to everyone then breaking off and starting again.
- Participants could think of a score to complete, i.e. we will all have to end up in one line, and then a circle, and then end in 3 groups doing one idea.

Difficulties/Tips

It is sometimes very difficult for participants to give up their movement to follow someone else's. The participants must be silent, but the moderator should give verbal cues to the participants. "Listen to the bodies in the room" "Watch what others are doing" "If not many other people are doing your movement, follow someone else's" "It is about the group"



Materials

An open area where the participants can move without hindrance. Softer ground may be a good idea; either on a carpet or outside on grass.

Steps

1. Warm up the body with a free dance or using [Opening Movement Patterns](#).
2. Have the participants free dance again for 1 or 2 songs.
3. Have the participants free dance a second or third time, but ask them to think about what movements they are doing.
4. Have the participants recall one movement they really liked.
5. Present the challenge! When you turn the music back on, everyone does only the one dance move they really liked and watches each other. Know that we all want to be doing the same move by the end.
6. Continue dancing your one movement and copying others one movement until everyone is doing One Idea.

