

# PowerSkills

## Athletic Theatre

Move expressively, creatively and rhythmically

### BODY ECHO

#### Ready

Clap a beat (7 - 10 claps) - your partner repeats the pattern.

Example:

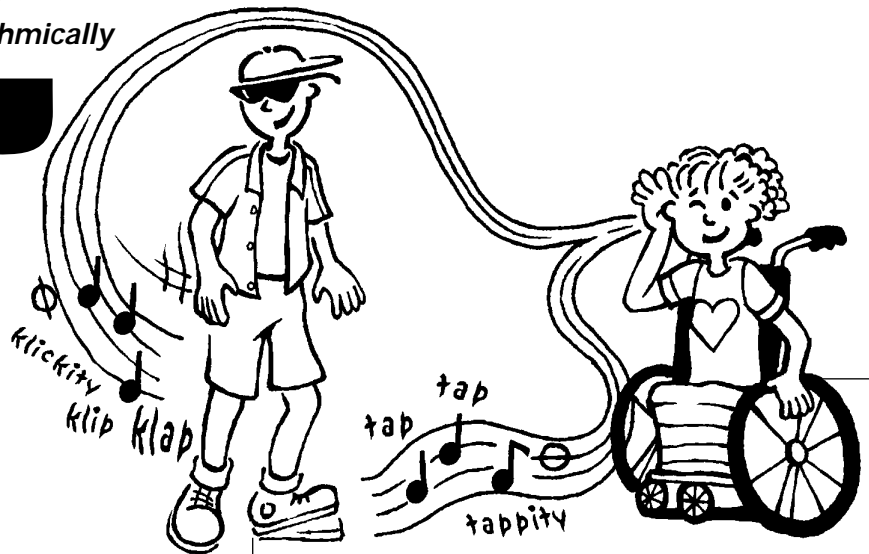
Slow, quick, quick, slow,  
quick, quick, slow, slow, slow

#### Set!

Invent patterns that challenge your partner to listen carefully. Choose different types of music, with different beats and rhythm and try to match their style with household instruments and body gestures.

#### GO!

- Try making some beats louder than others.
- Make rhythms by clapping your hands on the floor, on your cheeks, etc.
- Add other body gestures such as waving arms, snapping fingers or shaking body.
- Try a rhythm using your feet to stomp out the pattern. Try stomping on a wooden surface. Ask permission first!
- Try standing up or sitting down.
- Write out the rhythm using musical notes. Quarter - Half - Whole  
Underline the note if it is meant to be loud.



#### Find your own household instruments!

- Garden rakes
- Garbage can lids
- Pots and containers
- Spoons
- Rubber bands
- Pop bottles with different amounts of water
- Be creative!

#### Heart Leaders!

Invite friends and family members to join you. Create an orchestra of sounds by working together with different household instruments.

