

Companion Guide

“Step by Step: Using Movement to Build Patterns”

Anne Sidney, Wolf Trap Master Teaching Artist

*In this short video **Wolf Trap Master Teaching Artist Anne Sidney** shares an experience that guides children to explore **dance levels, movements, and phrases**. With an adult or in pairs, Sydney encourages children to **embody shapes, experience low, medium, and high levels, and create and recognize repeating patterns, highlighting motor development, and early math and language learning goals**.*

This experience is designed to provide educators with an opportunity to:

- Engage in arts-integrated experiences that promote active learning.
- Connect creative movement with early math concepts, with an opportunity to create and compare movement patterns.

Target Ages: Pre-K, ages 3 to 5

Key Vocabulary: level, shape, high, medium, low, pattern, next, repeat, audience, practice, perform, observe

Connections to Early Childhood Learning Goals

- Language and Literacy: Child understands and builds vocabulary.
- STEM/Mathematics, Algebraic Thinking: Child creates, identifies, extends, and duplicates simple repeating patterns in different forms, using numbers, sounds, and movements.
- STEM/ Mathematics, Measurement: Child measures objects by their various attributes using standard and non-standard measurement. Uses differences in attributes to make comparisons.
- Motor Development: Child develops awareness of body in space, develops large/small muscles, movement, and coordination. Child develops and practices motor skills.

Arts Concepts Highlighted in this Experience

- **Dance/Movement**
 - Children can explore and create frozen poses and creative movements that can be used to develop sequences and patterns.
 - Children can create, compare, and contrast movement sequences or dance phrases.

Extending the Experience

- Try out other pattern formations! Children can work with AB or ABA patterns.
- Document or chart the patterns children create in their movement sequences.
- Photograph or draw children's low, medium, and high shapes to create flashcards that can be used to create patterns. Teaching Artist Anne Sidney creates flashcards by drawing simple figures on a file card.

Getting Ready to Try this Experience with my Classroom or Group

- Is there anything I need to do to prepare children and adults for this experience?
- Where could I do this experience with the group? What adjustments can I make to my space to make it successful?
- Are there any additional resources I would like to share with the group before doing this experience?
- When would this experience work best for my class or group?

Reflections for Inclusive Practice

- Do I need to make adjustments to accommodate the motor or mobility needs of children or adults in my class or group?
- Are there changes I could make to the content or context of this experience to make it more relevant or accessible to the children and adults I work with?
- How can I implement this experience to consider the language needs of the children and adults I am working with?

Resources

Head Start Early Learning Outcomes Framework

<https://eclkc.ohs.acf.hhs.gov/interactive-head-start-early-learning-outcomes-framework-ages-birth-five>

Notes from the Teaching Artist:

Anne Sidney is a Virginia-based dance artist and Wolf Trap Master Teaching Artist. "When I created this experience, I was hoping to broaden children's discovery of patterns, moving through them, and dancing them! I enjoy sharing this experience with teachers. We have so much fun creating dances from the children's ideas!"

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