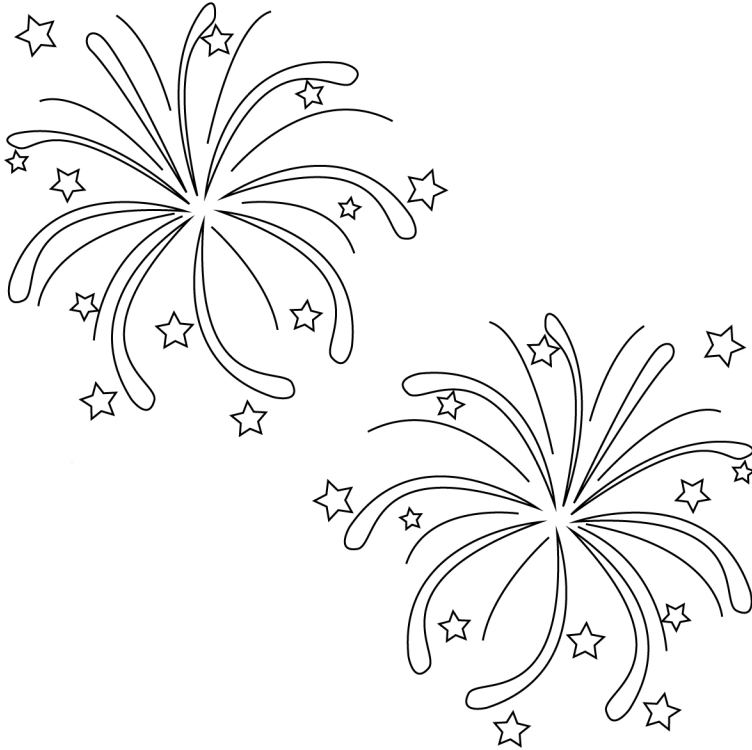


We're learning about...

ENERGY

When we dance we can move with **SHARP** energy like fireworks bursting in the sky or we can move with **SMOOTH** energy like ice cream melting on a hot day.



SHARP

Reflection:

Ask me if the following movement words are **SMOOTH** or **SHARP** movements: Float, Kick, Sway, Poke, Stretch, Punch, ETC.



SMOOTH

Explore at Home:

Can you think of other ways to move smoothly and sharply? Take some time together to explore different qualities of movement.