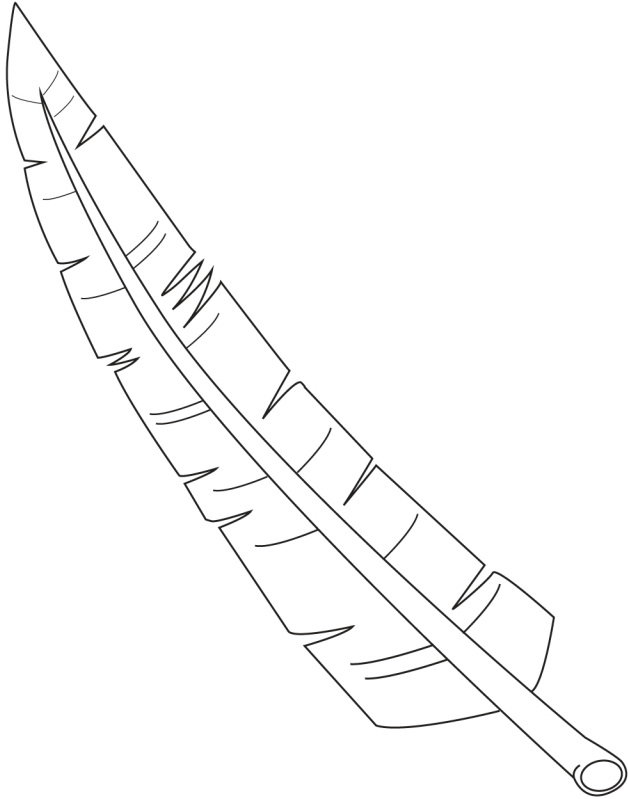


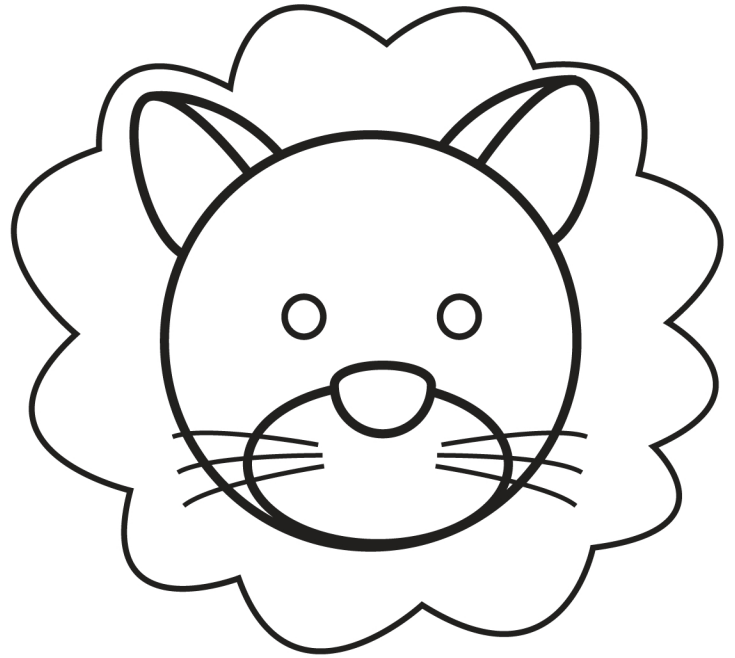
# We're learning about...

When we dance, our movement  
can be LIGHT or STRONG.

# WEIGHT



## LIGHT



## STRONG

### Reflection:

Ask your dancer-  
How does your arm feel when you  
pick up a feather? How about when  
you pick up a big bag of potatoes?

### Explore at Home:

When traveling around the house,  
tiptoe lightly or stomp strongly  
from place to place!