DANCE CHARADES – ELISA MONTE DANCE CO.

**Materials**
- iPad, Laptop, or Smartphone
- Index cards or small pieces of paper
- Pens or pencils
- Large bowl or hat

**Make Together**

1. Watch the full video Let’s Dance! Elisa Monte Dance Company: Let Loose on CMOM's YouTube channel.
2. Watch it again. This time follow the Elisa Monte Dance choreographer and artistic director Tiffany Rea-Fisher as she shows you how to create a dance from one move to another using different parts of your body.
3. Try this dance together as a family, then have each family member try the dance on their own.
4. When you try this dance, what emotions or feelings do you think of?
5. Try this dance with music!
6. Inspired by Tiffany Rea-Fisher and Elisa Monte Dance, create a game that uses your body in a game of charades.
7. Talk about emotions and how different emotions can make you act or look different. Try a silly or surprised face!
8. Using index cards or pieces of paper, create cards that combine different body parts and different emotions. For example:
   - Left leg to show sadness
   - Thumbs to show confusion
   - Arms to show silliness
9. Create other cards that ask you to use your whole body to express an emotion, like “Use your whole body to show joy.”
10. Mix all your cards in a bowl or hat.
11. Break up into teams and play a dance-inspired game of charades!
12. Taking turns, a team member pulls a card from the bowl and performs the task on the card without speaking or making a sound. Your team has to guess the emotion in one minute or less.
13. The team with the most correct guesses wins the round!
14. Celebrate with a family dance party!

**Learn Together**

This activity supports key social skills like cooperating and co-planning, and exercises important brain skills like interpreting, analyzing, and creating movement.

Choreographer and artistic director Tiffany Rea-Fisher of Elisa Monte Dance Company shows us how to create a dance from one move to another: Watch the video.

Try to dance along to another piece by Elisa Monte Dance: Watch the video.

For more fun activities, please go to cmom.org/resources