



DANCE CHARADES – ELISA MONTE DANCE CO.

*Design a game of dance charades inspired by the video
CMOM partner Elisa Monte Dance Company.*

IDEAL AGE: all

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](#)

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!



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

