

NAME: _____



DYNAMICS

Move to the Music!

1. Choose a movement you can repeat easily (like tapping your foot or nodding your head)
2. Play a song and repeat your movement on the beat
3. Try to match the amount energy in your movement to the amount of energy in the music (dynamics)
4. Play another song and try to match the new dynamics

Supplies:

- a way to listen to music
- open space

For more fun: Choose a new movement and a new song! Keep changing movements and songs until you find a combination that works well together (like a light sway to a light song).

