

### **Peter and The Wolf Character Suite Dance:**

Participants will create a short-improvised Suite Dance, acting out three characters from *Peter and the Wolf*. There is a [video to accompany this sheet](#). Feel free to play along with Teaching Artist Carly Hutchison. The video and activity both start with a short discussion about two dance concepts, Level and Energy, and how they influence our character's movement, and then we will do the dance.

### **Materials Needed:**

Just your bodies and some space to dance around in. This activity is great for all ages, so try it with the whole family!

### **Directions:**

#### **Step 1: Explore and Reflect**

Discuss and experiment with the following dance concepts:

- Levels: High (up on your toes or jumping), Medium, and Low (closer to the ground). Make shapes with your body at all three levels.
- Energy: Smooth, Sharp, Shaky, Swingy. Move your body with each energy type and feel the difference.

#### **Step 2: Move Like the Characters**

Explore! How do characters from *Peter and the Wolf* move?

- Think of the characters from *Peter and the Wolf*.
- Choose a level and energy for each character.
- Move your body as the characters. Example: Peter – middle level, sharp energy; Cat – low level, smooth energy; Bird – high level, shaky/swingy energy

#### **Step 3: Create the Suite Dance**

- Dance each of the three chosen characters (Peter, Cat, Bird), changing from one to the next when the music shifts. You can repeat the dance as many times as you'd like. Try having participants dance one at a time, or in pairs.

### **Closing:**

- Discuss which characters were the most fun to act out. Did you like moving high level, low level, or middle level better? Did you enjoy moving with smooth energy? Sharp energy? Shaky energy? Swingy energy? Did you want to do a different level or energy for a character?

### **Bonus:**

- Try the dance again with different characters from *Peter and the Wolf* thinking about what level and energy they might have.

**“Perhaps the greatest purpose of a movement practice is to open up our capacity to have experiences that are profoundly meaningful.”– Rafe Kelley**