

# DANCE

## Behold The Bold Umbrellaphant

### Cinquain Dance Poem:

In this activity we will discuss the structure, read, and hear a Cinquain Poem about Alarmadillos. Then we will dance to the Cinquain being read to music. [Here is a video to accompany this activity.](#)

### 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: Discuss the Structure of a Cinquain Poem

- A Cinquain has 5 lines in a poem and they are used to describe a noun
- We use adjectives (describing words, what is the noun like?) and verbs (action words, what does the noun do?), and a short phrase in the Cinquain.
- The structure is:

*Noun*

*Adjective, adjective*

*Verb, verb, verb*

*Four- or five-word phrase relating to the noun*

*Synonym for the first noun or another noun*

#### Step 2: Learn the Alarmadillos Cinquian

- The Cinquain used for this activity is about the Alarmadillos in *Behold the Bold Umbrellaphant*

*Alarmadillos*

*Bizarre, Frantic*

*Running, Flailing, Jumping*

*Always in a constant frenzy*

*Panickers*

#### Step 3: Dance the Alarmadillos Cinquain

- *This dance is all about acting out the words with our bodies, with stillness and with movement*
- *During the dance, someone will read out loud the Cinquain, repeating the words in the third line several times to give time for exploration*
- *Description:*
  - *The first and second lines are frozen pictures/shapes with each word, showing with our bodies what those describing words might look like*
  - *The third line (our adjectives) we act out by moving around the room just like the word describes*
  - *The fourth line is also acted out however you might imagine it to look like*
  - *The fifth line ends with another frozen picture/shape showing the word with our bodies*

**“The Bizarre Alarmadillos are a clamorous quartet, for they’re in a constant frenzy... They’re incessantly upset. You’d imagine they’d be calmer, no one means them any harm, and besides, they’re thickly armored, yet they’re always in alarm.”**

*- Jack Prelutsky, The Bizarre Alarmadillos in Behold the Bold Umbrellaphant*

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## *Behold The Bold Umbrellaphant*

### **Step 3: Dance the Alarmadillos Cinquain Cont.**

- The dance starts and ends with a frozen picture/shape, although it does not need to be the same shape
- The movement is improvised and individual, have fun moving your body in different ways .

### **Step 4: Do the dance!**

- Read the Cinquain aloud and dance it out! (You can do it with or without music.) The video includes music from Eric Chappelle's *Music for Creative Dance, Volume 3*.

### **Closing:**

Try dancing the Alarmadillos Cinquain Poem Dance for your friends and family. Try having the dancers say the words of the Cinquain while they dance, or try the dance with no words spoken.

### **Bonus:**

Create your own Cinquain Poem and dance it! You can use characters from *Behold the Bold Umbrellaphant* or you can create your own characters and imagine how they might act, be, and move. Share your new Cinquains and dances with your friends and family!