

**Exploring the Creative Process  
Through Dance: A resource for  
using creative movement in a  
standards-based exploration of  
classroom content**

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## **Creative Dance Making Resource Outline**

1. How to Use This Resource – PDF
2. Creativity – An Overview - PDF
3. Dance and the Creative Process - PDF
4. Dance Elements – One Page - PDF
5. Dance Elements With Descriptions - PDF
6. Demonstrations of Dance Elements – Videos
7. Dance Making Tools – One Page - PDF
8. Dance Making Tools With Descriptions - PDF
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10. Using Movement in the Classroom - PDF
11. Additional Resources

## How to Use This Resource

This resource kit is the result of an exploration of creativity and the creative process. These PDFs and videos are intended to engage you, challenge you, and deepen your inquiry into the nature of creativity.

### Who this resource is for:

Although this resource is primarily intended as support for those in the classroom – classroom teachers (both arts and non-arts,) visiting teaching artists, and students – it is also intended for *anyone* with a stake in 21<sup>st</sup> century education. Whether you are a teacher, a student, an administrator, a parent or a policy-maker – welcome!

### Primary goals of this resource:

My passion as an educator involves helping others express themselves fully. This resource is based on more than thirty-five years of work with dance, creativity, and education. I have designed it with two goals in mind:

1. Provide teachers and students with tools they can use immediately in the classroom to use dance movement to explore and master the creative process.
2. Provide, for any stakeholder in 21<sup>st</sup> century education, a current, research-based view of the nature of creativity, and some of the issues involved in this exciting field.

### How to work with the resource:

Make sure to watch the **introductory video**, if you haven't already, for a user-friendly approach to navigating this kit. The resource has several components, and no matter what your role in education, you will find all of them interesting, and most of them helpful in the classroom.

The outline of components on the previous page illustrates the best sequence if you are accessing the resource for the first time. Which means...

Start with the **creativity overview**. This document shares general, research-based information about creativity and the creative

process that will provide context and common reference points when you explore dance movement later in the resource. Make sure to read through the **guiding questions** at the end of the document: they will help you reflect on and gain insight into how creativity can be incorporated in your own role in education.

Next, go to the document focusing on **dance and creative process**. It will give you insight about the nature of creative dance exploration and how it can benefit other content areas, as well as preparing you for the hands-on classroom tools that follow.

With this background, you will be ready to dive into the creative dance movement tools themselves, including:

1. A single page document for classroom use, outlining the **basic elements of dance movement**.
2. A supplemental document containing brief **explanations of each dance element**, corresponding with links to **video demonstrations** by high school dance students of the dance elements.
3. A single page document outlining several **basic dance-making tools** for classroom use.
4. A supporting document containing brief **explanations of each dance-making tool**, corresponding with links to **video demonstrations** by high school students of the dance-making tools.

For classroom teachers, teaching artists and students, these documents and videos are the ones you will refer to most often. Make sure to print out the single sheets of elements and tools, and refer to the videos as support. And good news - you do not need a dance background or training to use and benefit from these tools!

Finally, look at the document focused on **using movement in the classroom**, especially if you are a classroom teacher. Here you will find guidelines, tips and strategies for working with the videos, and incorporating movement in the classroom. You will also find the blueprint for a **creative dance-making exploration** that you can implement in one lesson, or develop over several weeks with your students.

The concluding document in this resource kit is a list of additional resources for further research.