CHOREOGRAPHY WORKSHEET

Name:__________________________________________

Class:_________________________ Date: 2/24/15

1. Brainstorm a list of words or phrases that describe you, your personality, your likes and dislikes. Use the back of this page.

2. Choose at least 3 of the words that describe you and write them here.

   I am:

   • active
   • excited
   • happy

3. Explore these words or phrases in movement, and create a draft of a dance self-portrait. Begin and end this dance in stillness.

4. Share your list of words and your dance with your partner. Your partner will give you feedback on the way your movement does or does not reflect the words you have chosen. Summarize your partner’s comments below.
Smart
Kind
Playful
Active
Caring
Humorous
Helpful
Quick
Love Animals
Friendly
Love Nature
Love my family
I love Hamsters
Excited
knowledgeable
Happy