**Core Competencies #3**

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| Topic | Getting Prepared to Learn |
| Curricular Connection | Personal awareness and responsibility: Self-regulation |
| Video Activity | Abby and Marley follow Rylee in completing a variety of self-regulation movements designed to help students calm themselves down and get ready to learn. Rylee guides viewers in the following activities to do independently: Patting down head and body Opening and closing mouth, face, arms, legs, whole body  Isolating top and bottom of body as well as sides and crisscross.   After, Rylee guides Abby, Marley and viewers in a whole group body activating dance song. |
| Supplementary Activity Options | Students find their own space in the room. Students start by patting the tops of their heads, and pat down their bodies gently. Go through opening and closing movements, open and close mouth, face, arms, legs, body. Move just the top half of the body while isolating the bottom and vice versa. Students roll down their bodies counting down and roll back up counting back up. Then students will perform crisscross movements engaging both the right and left brain across the body (right arm to left leg etc.) |
| Extension Information | Students can work to engage these self-regulation skills on their own when they feel they need it. Create a space in the classroom that is open at all times for students to use for mindful dance self-regulation exercises. |

(Parnell, 2012)