



# Move to Music

## Introduction

Musicians make music in different genres or styles. First, you can think of three broad categories: classical music, world music, and contemporary music. Within each of those categories there are many genres and styles. We'll explore some genres of music and see how that music inspires us to move.

## Supplies

- Audio link with short clips of different musical genres: <https://tinyurl.com/c7au8358>
- Space to move around!

### Step 1

Talk through the activity. Tell kids to dance/move when they hear music in whatever way that musical style makes them feel. Tell them to freeze when the music stops. They will hear a number of different snippets of music and the styles of these snippets will change, and so they will be inspired to move in different ways. Remind kids that this is a nonverbal activity — no comments about how others are moving allowed!

### Step 2

Now, spread out and turn on the audio. Have fun and model the activity by doing it with the kids. You can also consider adding a mirror game — with one kid in the center doing a dance. Have the others — and yourself! — aim to mimic that.

### Step 3

Talk about what everyone discovered. Which music did they enjoy the most? The least? What emotions did the music inspire?

