



Creative Curriculums

RAIN STORM PARADE!

TAYLOR COUCH

Recommended for Pre-K

PA Standards Aligned:

9.1.M PK.E: Use imagination and creativity to express self through music and dance.

10.4 PK.A: Demonstrate coordination of body movements in active play.

2.3 PK.A.1: Identify and describe shapes



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WARM-UP & COOL DOWN

Start each activity page with the following warm-up and cool down. For the warm-up, try variations by asking children what body parts to stretch, add sounds to each movement, and notice that our voices are soft when we're in our bubbles.

WARM-UP: PERSONAL SPACE BUBBLE

These imaginary bubbles will help us make sure our bodies and spaces stay safe by showing us how much room each dancer needs to move safely.

1. Catch a magic bubble out of the air! How big is your bubble today?
2. Get into your bubble and stretch it out! Squeeze it down over your head, shoulders, hips, knees, all the way down to your feet
3. Uh oh, we're squished inside! Release some deep breaths to make your bubble bigger (3 is usually enough). Use your arms to stretch your bubble forward, back, and side to side.
4. Rub your hands together to make imaginary paint then paint your favorite color inside your bubble, all the way down the front, to the floor (but stay on your feet!)
5. Once your bubbles are all stretched, practice floating around your space inside of them without letting the outside of your bubble touch anyone or anything else.

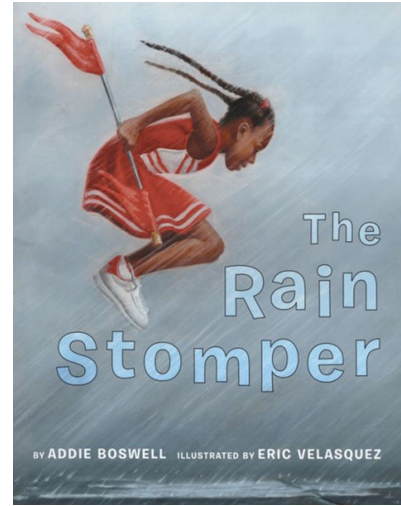
COOL DOWN: SELF ESTEEM STRETCH

You tried and you deserve to celebrate! This cool down can be done while sitting, standing, or even lying down.

1. Stretch one hand high towards the sky! Bend your elbow to pat yourself on the back and say: "I did great."
2. Stretch your other hand high towards the sky! Bend your elbow to pat yourself on the back on the other side and say: "I am great."
3. Stretch your arms as far out to the sides as you safely can! Wrap your arms around yourself for a big squeeze and say: "Good job me!"

EXPLORING ENERGY: LIGHT

To watch a read aloud of "The Rain Stomper" visit: <https://www.youtube.com/watch?v=LGyreJUi2yI>



1. Look at the front cover illustration of The Rain Stomper. What do you see?
The person in the illustration is the main character, Jazmin! What is she doing?
2. Sing "There is Rain All Around" (to the tune of "If you're happy and you know it"):
There is rain all around, all around!
There is rain all around, all around!
There is rain all around.
There is rain all around.
There is rain all around, all around!
(And stop!*) *adding a stop to the song helps guide movement later!
3. Rain storms usually start with light rain drops. Move your fingers like they're little, light raindrops. Now let those finger raindrops fall on your head, arms, anywhere you think might feel nice to have light, warm rain fall on your body.
4. Now, keep letting those light fingertip raindrops fall while you lightly sing "There is Rain All Around".
 - Try it a few times with rain falling on different body parts each time you repeat the song.
 - Try it standing with rain falling from the top of your head all the way down to your toes.
5. Move your whole body "lightly," maybe like little raindrops or a soft breeze. What else is light or moves lightly? Sing "There is Rain All Around" while moving your whole body lightly around your space.

EXPLORING ENERGY: HEAVY

1. Look at the illustrations of Jazmin rain-stomping! Try freezing your body into one of her poses.
2. **Review** the song "There is Rain All Around" while making light movements however you choose (fingers while sitting, whole body while sitting, whole body while standing, etc.).
3. As rain storms go on, the rain gets heavier! In dance, "heavy" means moving with a lot of energy behind each movement.
 - Pat your open hands heavily on your lap.
 - Sit with your legs out straight in front of you, pat heavily up and down your legs.
4. Keep letting those big, heavy raindrops fall while you sing "There is Rain All Around." How might a "heavy" voice sound when you sing it?
 - Try it a few times with rain falling on different body parts each time you repeat the song. Patting heavily on your stomach can be really funny!
 - Try patting on the floor*, on a pillow, on a seat, etc.
*think about the different sounds your patting can make!
5. Move your whole body "heavily," maybe like big raindrops, hail, or gusts of wind. How can you move heavily and upwards? To the side? Sing "There is Rain All Around" while moving your whole body heavily around your space.
 - On "And stop!" freeze your whole body into a big pose.
 - Try singing the song faster. Try it slower. How does your body move differently? How do you see other bodies moving differently?



EXPLORING PATHWAYS

1. **Review** moving “lightly” and “heavily” while SITTING, using your hands to make raindrops in the air and/or on your body like in past lessons. Now STAND UP and review moving “lightly” and “heavily” with your whole body, either in place or around your space, while you sing “There is Rain All Around” at least twice through.
2. Look at the picture of everyone joining in Jazmin’s rain-stomping to make a parade! What is a parade? Have you ever seen a parade? What was it like? Notice how they’re all moving in the same direction.
3. “Pathways” in dance are the paths or directions our bodies move along. Using painters/masking tape, dirty laundry, your imagination, etc., make three pathways in your space (can be made all at once or change up as you go):

Straight _____

Zig-zag 

Curvy 



4. Identify the names of each pathway (straight, zig-zag, curvy) then walk on it! How many different ways can you move along each pathway?
 - Lightly, heavily
 - Toe to heel, sideways, backwards, tip-toe...
 - In as few steps as possible, in as many steps as possible...
 - As fast as safely possible, as slow as possible...
 - Like a leaf in the wind, a tiger, a robot...
5. Now sing “There is Rain All Around” and move on your pathway(s)! Sing in different ways (softly, loudly, slowly, quickly, low, high, silly, etc.). How do your movements change when your voice changes?

MAKE A RAIN STORM PARADE!

1. Review

- Move “lightly” and “heavily” while SITTING, using your hands to make raindrops in the air and/or on your body like in past lessons.
- Now STAND UP and review moving “lightly” and “heavily” with your whole body, either in place or around your space, while you sing “There is Rain All Around” at least twice through.
- Next, review what “pathways” in dance are the paths or directions our bodies move along. Review the names of the pathways we tried before (straight, zig-zag, curvy) and walk them.

Now it's time to put it all together to make your Rain Storm Parade!

2. Look at the picture of everyone joining in Jazmin's rain-stomping to make a parade again. Notice again how they're all moving in the same direction and see how they're following each behind each other.
 - Staying a safe distance behind the person you're following is necessary for a good parade. Watch those bubbles!
3. Use different pathways to make a course to follow on your parade. You can mix them up as much as you want to make as wacky of a parade as you'd like!
4. Decide how you want to move on your parade. Will you move the same way the whole time? Will you move a different way on different pathways? Will you switch when you come back?
5. Invite anyone in your home to join your parade! If someone can't be in the parade, or if you'd like to include your stuffed animals or pets, it's always nice to have someone watching or clapping along.
6. Have your parade! Sing “There is Rain All Around” to give your parade a rhythm to move to and go over your course as many times, as many ways as you'd like!