Planet Wonderland Dance Notes

Planet Wonderland is a fun song for warm-ups.

There are a set of movements for the verse which you can see on the video or you can make up your own basic dance.

We use the instrumental part as a creative movement workshop. You can offer a few movement ideas to your students to give them confidence in the creative process. Start with fun and easy movements and have everyone copy your movements. Then ask the children, “Let’s see some your ideas” They can raise their hands and when you choose a person let them show their idea and then have everyone follow. Then you can move on to the next person. If the instrumental sections aren’t long enough for all the kids, you can always start the song again.

Another approach for the creative movement process is to give a ‘starter idea’ to work from and you can demonstrate an idea from that starter. Each time you would use a new starter to build versatility. Here are some ideas:

- Draw numbers or letters with body parts- you could name a specific one for example ‘find movements where you become or you draw the letter W’.
- ‘Show movements that are alternating smooth and then sharp.’
- Only move specific body parts – for example; ‘find movements with your arms.’
- You can use it as a memory exercise and string together each idea and have the children remember the sequence each time someone adds a new movement.

Note: there are no bad movement ideas unless they are unsafe or inappropriate in which case, we would tell the child and ask if they have a different idea.

Enjoy!

Talking Hands Talking Feet