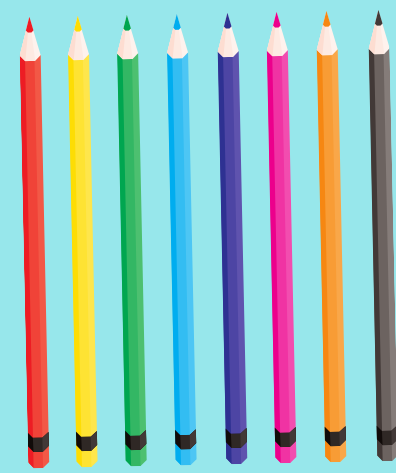
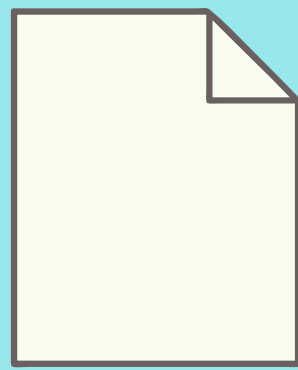


THIS IS ME!

WHAT YOU NEED:

- 1 piece of paper
- Coloured pens/pencils
- A picture of you (don't worry if you don't have one)
- An adult to help you!



WHAT TO DO:

Attach the photograph of yourself to the centre of the paper. If you don't have a picture, then get creative and draw yourself! You may need some help from an adult.

Next, write around the picture your answers to the following things:

1. What word best describes you?
2. What is your favourite food or drink?
3. What is your favourite animal?
4. What is your favourite activity to do?
5. Who are your favourite people?

Once you have written down your answers, you are now going to create a movement for each of these, whether you are physically doing the action or showing how it makes you feel. You will then put these together into a sequence and will have your own dance that is all about YOU!

HAVE FUN!

