

The
MUSIC
WORKSHOP

MOVEMENT OBSTACLE COURSE

Activity No. 3 

STEP 1

Spread the movement cards out in a wide-open space, making sure you have ample room for movement between cards. Pick a card to start at.

STEP 2

Turn on your favorite music.

STEP 3

Moving in time with the music, use the movement on the card to move to the next card. Switch movements at each card.

DIFFERENT
ff
DYNAMICS

Share your photos and videos on social media using #DifferentDynamicsSTL