

The
MUSIC
WORKSHOP

SHADOW DANCE
Activity No. 5



Step outside and discover your shadow. Then play shadow dance together!

- One person is the leader, the other is their shadow. The shadow stands behind the leader.
- Play your favorite music. The leader will create movements to the music while the shadow mimics those movements.

For songs related to shadows check out [The Supplemental Playlist](#).

Check out these fun shadow books to help you introduce the concept of shadows:

- [The Day I Met My Shadow](#) by Melissa Brun
- Papa Lucky's Shadow by Niki Daly
- [Shadows](#) by April Pulley Sayre

DIFFERENT
DYNAMICS

Share your photos and videos on social media using #DifferentDynamicsSTL