



dance - drama - music

## DIWALI DANCE AND MOVEMENT IDEAS

### SCARVES & ANKLE BELLS

**(make your own ankle bells: your local haberdashery will sell individual bells and pipe cleaners. Children can thread bells onto the pipe cleaners and twisted around their ankles.**

Using the scarves dance to the celebrational music to welcome Rama and Sita back to the village. Use the scarves to create a slow rhythmical dance using hips and arms. Also use the ankle bells in time with the music by jumping, hopping, stamping etc. Create a Bollywood dance routine using Typical moves...pushing the wall, twisting apples from trees, hand rolls, shoulder shrugs, snake arms.

Music: Mundian To Bach Ke – Punjabi MC, Gaur Nalon – Bollywood Brass band,

### ACTION SONGS

Twinkle Twinkle, 5 little monkeys, Wind the Bobbin up

### PERCUSSION IDEAS – Tap sticks/wooden claves

**(or you can find some sticks and paint them and wrap ribbons around them)**

Dhandiya sticks: ( to the tune of In and out the dusty bluebells)

Tap your sticks in the air, tap your sticks in the air, tap your sticks in the air.  
We can tap to the music.

Tap your sticks and turn around, .....etc

Tap your sticks and shake your hips .....etc

Tap your sticks to the side.....etc

Tap your sticks behind your back.....

Tap your sticks and kick your legs...