



Friendship Dance



Physical activity/physical literacy links: Creativity and self-expression; developing social skills (cooperation, team-work); developing confidence; developing competence.

Language/literacy links: Supporting activity with talk and sign (e.g. story-telling)

Website Links: binged.it/2IOX5Jv

Where: Indoors or outdoors

Storytime

- ❖ The Indigenous people of the East Coast were the first to welcome the strangers to this continent. They were not the first to welcome new people into their community. For many generations, the Indigenous people of North America traveled. In their travels they were often taken in to new communities and welcomed and even adopted into the band. These friendly visitors were treated as relatives. They were fed, given gifts and their arrival was celebrated. They brought goods to trade, news of other communities and new stories and songs from other parts of North America. The friendship dance celebrates friends old and new.



Let's Dance!

- ❖ Children join hands, forming a circle.
- ❖ The dance begins by stepping to the left in time to the drum. The beat of the drum mimics the beat of a heart.
- ❖ They continue dancing to the left until they are directed to go to the right.
- ❖ At another point they can dance away from the center of the circle, making their circle wider and then dance toward the middle raising their hands in the middle and with a shout, ending the dance.