CIRCUS SKILLS

CREATIVE & PERFORMING ARTS

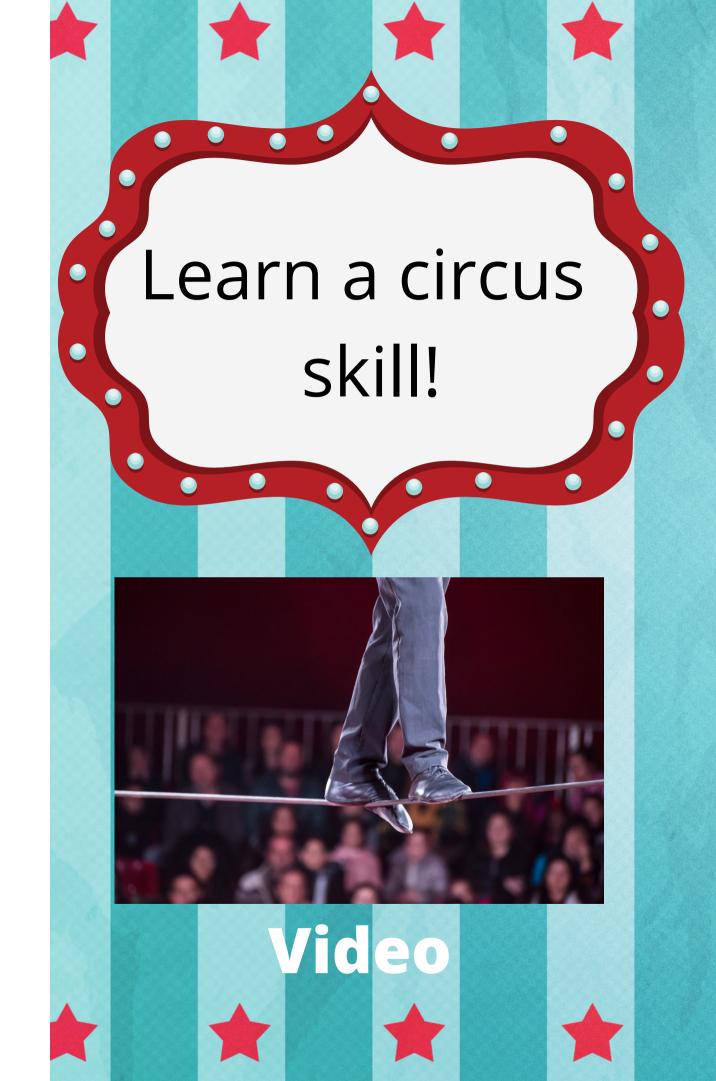


Things to do:

- Warm up your body
- Learn a new Circus Skill
- Enjoy the Circus Books & Movement activity







Tightrope Walker:

- Use masking tape or electrical tape to make simple patterns on your floor
- Following the patterns, slowly walk along the tape pretending you are a balancing tightrope walker
- Try walking backwards, hoping or jumping along the patterns
- Can you move to the following circus music?





Enjoy the circus books & movement activity

