



ARTS INTEGRATION AT HOME

PEOPLE TO PEOPLE

Through these arts integration activities we want to offer a few simple, creative, educational, and arts-based ways to spice up your distance learning. The directions for the activity are shared in two ways - for caregivers/teachers and for kids who can read so they can do the activity independently. Have fun, and feel free to share what you do with us.

Tips for how to utilize these strategies:

- Use this strategy today, or print it out for a later date.
- Feel free to use a strategy more than once. Repetition will help students become familiar with the directions and then be able to take more ownership of sharing what they know through the activity.
- Play them for fun - you don't have to stick to talking about school information.

PEOPLE TO PEOPLE

People to People, gets kids up on their feet and into their bodies. This activity allows them to
a) move their bodies in improvisational ways and
b) practice in the moment problem-solving.



People to People is attributed to various sources. You can see a longer description of the activity in the link below from the [Drama-Based Instruction](https://dbp.theatredance.utexas.edu/content/people-people) website created by Drama for Schools at The University of Texas at Austin.

People to People: <https://dbp.theatredance.utexas.edu/content/people-people>

Sarah Coleman, Portland Ovation Co-Director of Engagement | School Programs, is a theatre educator, an arts integration specialist, and a former classroom teacher who has taught students in grades K - college as well as led professional development workshops for teachers around the country for over 15 years.





ARTS INTEGRATION AT HOME

PEOPLE TO PEOPLE

DIRECTIONS FOR CAREGIVERS/TEACHERS

You need a minimum of two people to play this game. (Three is ideal as this allows for a caller.) Make sure the players are comfortable physically connecting with each other and set up clear guidelines noting that while this activity is fun it is still important to be safe and take care not to hurt your or someone else's body. Have the two players stand across from each other while one person calls out two body parts. Start with easy directions. "Elbow to elbow" where the two players touch their elbow to the other player's elbow. Move along to other directions - "hand to back," "back to back," "knee to toe" and so on. The more quickly you call them out the more quickly the players have to problem solve. Feel free to switch up who is the caller.



Then what?

- Practice patterns. Have the kids create a pattern and then bring that pattern to life using their bodies. Add some music and it becomes an original dance!
- If the students are learning another language, practice calling out the body parts in another language,
- If students are learning about bones or muscles, practice calling out these (e.g. ulna to femur).
- If possible, try it with three people. How does that change how you touch body parts or how quickly you can problem solve?

Follow up questions

1. What was easy about this activity? What was challenging?
2. How did you work together with your partner?

Follow up questions allow kids to practice [reflection and metacognition](#) (thinking about one's thinking) both of which are key parts of effective learning.





ARTS INTEGRATION AT HOME

PEOPLE TO PEOPLE

DIRECTIONS FOR KIDS

Today's at-home activity invites you to move your body in improvisational ways and practice your quick thinking.

How to do this activity

1. Find a partner and stand across from them. It can be a parent or sibling, or anyone else who is staying in your house. If possible, have a third person be the caller. The caller can also be you or your partner.
2. The caller is going to call out two body parts - "Elbow to elbow."
3. Then, the two players touch their elbows together.
4. The caller calls out another combination of body parts and the players touch those two body parts. (Examples: hip to hip, shoulder to head, elbow to knee, toe to knee, back to back, etc.)
5. The goal is to come up with combinations quickly and move your bodies quickly.
6. Remember to stay safe and not move your body in any way that would hurt it or the other person's.

Then what?

- Practice patterns. Create a pattern and then bring the pattern to life using your body. (Example: hip to hip, head to head, hip to hip, head to head, hand to hand, repeat.)
- Add music to your pattern and create an original dance.
- If you know the body parts in another language practice using those words instead. If you don't know them, look them up!
- If you know the names of the muscles or bones, use them instead. If you don't know them look them up!
- If possible, try playing with three people. How does that change how you touch body parts?

After you finish playing the activity, answer the following questions.

What was easy about this activity?

What was challenging?

How did you work together with your partner?

