

DANCE WITH WORDS (GO, SLOW, WHOA VERSION)

Adapted by Andrea Hart, RDN from Dance With Words by Shannon Maly

- **Health Skills:** I will demonstrate my understanding of GO, SLOW & WHOA food categories by creating dance moves inspired by different foods.
- **Nutrition Education:** I will demonstrate my understanding of GO, SLOW & WHOA foods by communicating health information through movement and dance.
- **Social & Emotional Learning:** I will use positive language that helps to establish a positive learning environment for myself and my group members.

LEARNING TARGETS

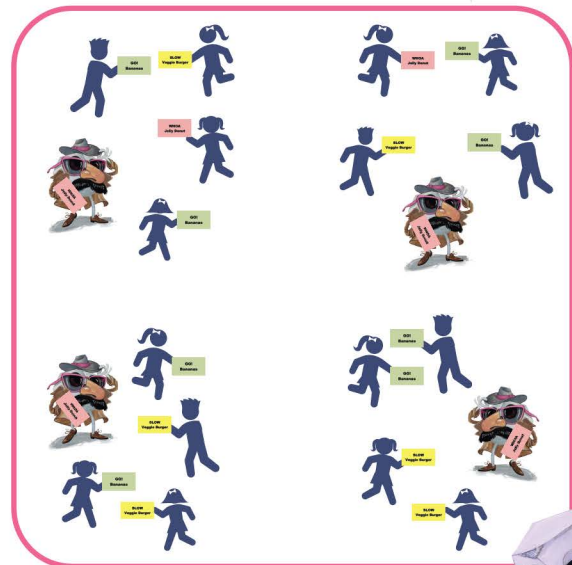
What you need...

- GO, SLOW, WHOA Dance Cards
- HHPH.org Music



How to set it up...

- Divide students into groups of 4-5.
- Each group has a set of Dance Cards. Group should have a mix of GO, SLOW, and WHOA cards.
- Scatter groups throughout the activity area.
- Be sure that students have enough space to dance safely.



This activity is Dance With Words Go, Slow, Whoa Version.

- In this dance activity we are all choreographers. The object is to work in small groups to combine several 8-count movements and create a complete dance.
- You each have a Dance Card. You're responsible for creating your own 8-count movement using that card as inspiration. (Teachers: Use music from Hip Hop Public Health (HHPH.org) and give an 8-count out loud to help students understand the beat.)
- Next, work together with your group to create a dance using each 8-count dance movement. Practice together to connect all of the movements to music. At the end of the activity, each group will present their choreography to the rest of the class.

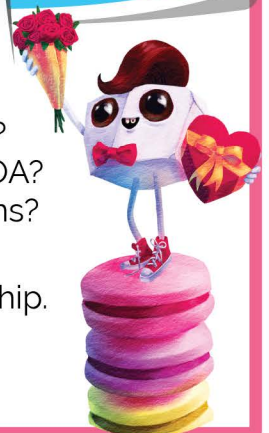
Discussion Questions

- In your own words, can you tell the class what the characteristics of GO foods are?
- How did your dance movements express what you know about GO, SLOW & WHOA?
- Can we use blank Dance Cards to create new GO, SLOW, WHOA dance inspirations?

Universal Design Suggestions

- Group students with peers that will support their needs with patience and leadership.
- Demonstrate possible dance moves that students can choose from.

HOW TO PLAY



DANCE WITH WORDS DANCE CARDS

Print, Cut, Create, Dance



Hot Sauce



**Low-fat
String Cheese**



Peas in a Pod



Bananas



Oranges



Squash

DANCE WITH WORDS DANCE CARDS

Print, Cut, Create, Dance



SLOW!

**Peanut Butter
Spread**



SLOW!

**Chicken
Drumstick**



SLOW!

Cheddar Cheese



SLOW!

Veggie Burger



SLOW!

**Baked
French Fries**



SLOW!

**Fresh Squeezed
Orange Juice**

DANCE WITH WORDS DANCE CARDS

Print, Cut, Create, Dance



WHOA!

**Fried
French Fries**



WHOA!

**Fast-Food
Burger**



WHOA!

Giant Cookie



WHOA!

Potato Chips



WHOA!

**Fried
Chicken Wings**



WHOA!

**Movie Theater
Popcorn w/Butter**

DANCE WITH WORDS DANCE CARDS

Print, Cut, Create, Dance



Water



Wild Rice



**Pasta with
Tomato Sauce**



**Popcorn with
Vegetable Oil**



Fruit Roll-Ups



Jelly Donut