

Artist's Logbook



Artist Name or Organisation:

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Art-form:

Dance

Activity Name:

Jump Up and Wave

Instructions

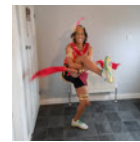
Clear some space around you to dance in, so you won't bump into anything. Now watch the "Jump Up and Wave" video. See how many ways you can think of to jump up and wave.

You will need:

- Find some material to wave, (this can be scrap fabric, a bandana, socks or even some kitchen roll.)
- Wear something comfortable.

How to:

1. Try out different ways to "Wave". Try "Waves" from the video as well as your own ideas.



2. Try out the different ways to "Jump Up" from the video, then try your own ways too.



3. Draw pictures, write about it or take photos of yourself "Jumping Up" and "Waving" on the next page.

