

## Legally Blonde

Art Form: Visual Arts • Other: Dance

### DESCRIPTION:

The theme of *Legally Blonde* is to be true to yourself while overcoming obstacles. Elle Woods' character shows that stereotypes can be wrong and in the face of adversity, one must be authentic and steadfast. Elle proves that you can't judge a book by its cover. With fortitude and confidence, one can rise above judgment to reach their goals.

### RECOMMENDED AGE(S):

7th through 12th grade

### TIME TO COMPLETE:

15-20 min

### MATERIALS NEEDED:

- ▶ Open space to move.
- ▶ Your favorite song, or a song from the musical, *Legally Blonde*. Choose something that feels upbeat, inspirational, or cheerful. Even better if you can sing along to it.
- ▶ Song ideas from *Legally Blonde*: "Bend and Snap" or "Whipped into Shape".

### WHAT YOU DO:

Think of a time or a circumstance when you weren't feeling accepted or included.

Examples:

- ▶ You were trying something for the first time.
- ▶ You made a mistake.
- ▶ You felt left out or looked over.
- ▶ You were excluded from a group or experience.

Now reflect on how that made you feel and how you handled it. Was your response to move on, shut down, or bottle up your feelings? Did your reaction prevent you from growing, saying something, or going after something that you really wanted?

When we feel free to express ourselves and stay true to what we know, we develop what is called a **growth mindset**. A growth mindset helps us commit to ourselves and our dreams regardless of what others say or do. It's important to nurture our ideas and creativity in order to grow! Each of us has strengths and talents that make us special.

Create a dance that reminds you of who you are. When you face a challenge in life, return the ideas in your dance for encouragement and motivation!

### Step 1:

- ▶ Create a movement or gesture for something you like about yourself.

**Ideas:** a physical trait or something that makes you unique.

Try to make your movement at least 4 counts long or hold a pose for 4 counts.

- ▶ Create a movement or gesture to represent strength or fortitude, like chasing your dreams or standing up for something you believe in.
- ▶ Create a movement or gesture to represent helping others or setting a good example.

Next, play your chosen song and become familiar with the tempo and the beat. Is it fast or slow? Does it have a special message that you want to focus on and express? What parts do you most identify with? These might be the places to add the movement you created.

Allow your body to sway or bounce to the beat to get the rhythm of the song in your body.

Incorporate the movement or gesture you created.

- ▶ Start with a basic step touch or bounce in place for 16 counts.
- ▶ Add your first movement. You can do the movement once and then freeze and hold, or you can loop it by repeating the movement for a set amount of time (8 or 16 counts).
- ▶ Return to the basic step touch or bounce.
- ▶ Add the 2nd movement
- ▶ Return to the basic step touch or bounce
- ▶ Add the 3rd movement
- ▶ Choose an ending for your way. Is it a pose or a final movement you want to end with?

Remember to be creative and express yourself! Share your dance with a friend, or better yet, create and combine movement together to create a whole new dance.