

NEWS BREAK

Article: **DANCE YOURSELF HAPPY**

Section: **PACIFIC NW, 8**

Sunday's News Break selects an article from **Sunday, June 16, 2019**, of The Seattle Times print replica for an in-depth reading of the news. Read the selected article and answer the attached study questions.

You are encouraged to modify this lesson to fit the needs of your students. For example, some classrooms may be able to use this as a worksheet and others might need to ask and answer the questions in a small group or larger, class discussion.

**Please be sure to preview all NIE content before using it in your classroom to ensure it is appropriate for all of your students.*

Standards:

CCSS.ELA-Literacy.RI.4.1

- Refer to details and examples in a text when explaining what the text says explicitly and when drawing inferences from the text.

CCSS.ELA-Literacy.RI.4.2

- Determine the main idea of a text and explain how it is supported by key details; summarize the text.

Objectives:

Students will discuss how movement and dance can make you feel, and debate whether dance is a physical expression of who they are. Does it bring them joy? They'll discuss their favorite dancing styles and music they most like to dance to. They'll discuss endorphins and how exercise makes you feel, and whether they have a better mood and increased amounts of energy afterward. They'll read others stories of dance and what it has brought to their lives. They'll talk about music and dance and why the combination is so powerful and why it could be considered a healing tool for many.

Pre-Reading Discussion:



- What do you think the article will be about?
- Are there clues in the pictures?
- What can you infer?

Vocabulary Building:

Read this sentence, what do you think the highlighted words mean using *context clues*? A **context clue** is a word or words that are hints and refers to the sources of information outside of words that readers may use to predict the identities and meanings of unknown words.

“Dance also entices with many **ephemeral** reasons, slightly harder to pinpoint, but clear and vivid when you see the way dance is tucked into every pocket of Seattle.”

Write your guess and then look up the definition and write it below your guess. How close did you come to the correct definition?

Ephemeral Notions Guess:

Ephemeral Notions Definition:

Comprehension Questions:

1. Credit the dancing, maybe. The reasons to dance are much more layered than health. Dance is a smile, and eye contact, and the fun in asking a new partner to dance to each new song. Dance is a toddler tap class, where the parents are just as joyful as their 2-year-olds. Dance is laughing at yourself when you fumble the footwork. Dance is _____ your story.
2. What are some health benefits of dance?
3. Dance also can make a big difference in how you live out your final years. How?
4. When all else fails — which happens often in a class where the average age is 3 — the 19-year-old turns to “_____” to save the students, the parents and herself.
5. DANCE TOGETHER at any age, and _____ will emerge.

Discussion Questions (small/large groups), Journal Prompts or Essay Questions:

Dance is expression, sharing who you are when moving as if you have no bones across a dance studio to the throbbing pulse of house music. Dance is human touch, holding hands with a stranger who leads you, his hand pointed to direct you through a salsa spin without a single spoken word.

Dance is memory, as emotions come to the surface while lost in movement to music. Dance is release, jumping higher than anyone else in the room to let go of the intensity of a day spent in front of a computer.

Dance is focus, the determination on a young, furrowed brow doing the same step over and over to cement it in muscle memory. Dance is community, celebrating that your body can still move — and move well — at 102 years old. Dance is joy, a smile spreading across someone's face at the end of an exhilarating series of steps executed well.

At its center, dance is connection — to yourself and to others. It's the pathway to know your body, to know your community, to know music, to know yourself. Dance is a physical experience and expression of who we are.

- Do you agree or disagree? How does movement and dance make you feel?
- Is dance a physical expression of who you are? How?
- Does it bring you joy?
- What are your favorite dances to do? Why?
- What is your favorite music to dance to? Why?

Amy Audetat, 40, used to take Zumba classes in Buffalo, New York, six days a week. Once she moved to Seattle two years ago, she discovered Oula.

Audetat says she loves that she can ramp up in a dance class if she wants to, and turn jumping jacks into vigorous star jumps. Even if she's had a terrible day at work at Amazon, and is going on four hours of sleep, if she dances, she leaves class a happier person.

"My endorphins get going when I'm hollering and cheering," she says.

- What are endorphins?
- How does exercise and movement make you feel? Do you have a better mood afterwards?

Music plays a powerful role in the experience of dance. Hannah Wiley, a professor in the Department of Dance at the University of Washington, sometimes chooses a class based on the music.

The combination of music and movement becomes a potent healing tool.

"I go to emotional places I wouldn't find in an average day or even an unusual day," she says. "Maybe memories, physical sensations, memories of place, memories of people, that if I were just taking my hour walk, that wouldn't happen."

- Why is music and dance so powerful?
- Why could it be considered a healing tool?

News Break is posted to the Web on Monday. Please share this NIE News Break program with other teachers. To sign-up for the print replica for your class, please [register on-line](#) or call 206/652-6290 or toll-free 1-888/775-2655.
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