

Hand out for Betsy Blair Workshop

**Here are two “Make Yourself...” movement poems.
Try them with your students ages 4-8 years old**

In the 1970's I learned this little movement poem from a participant at the CORDS Conference on Creative Dance for Children at Duke University in North Carolina. It is based on Rudolf Laban's Dimensional Cross Scale.

**Make yourself tall,
Make yourself small,
Make yourself wide,
Make yourself narrow,
Make yourself twisted,
Make yourself straight.**

In 1987, I learned the following poem from Shirlee Crantz who was then leading creative movement and gymnastics classes for young children in Tucson, Arizona. She told me that it was adapted from a dance poem she had learned from the Virginia Tanner Workshop in Salt Lake City, Utah. I have heard other versions of this poem by North Carolina dance teachers who studied with Virginia Tanner in the 1970's.

**Make yourself round like a ball,
Sit up straight and tall,
Arch backward toward the wall,
Sit up straight and tall,**

**Stretch side ...to side...to side,
Hug yourself mmm....mmmm....mmmm
And open!
Hug yourself mmm...mmm...mmm**

And sit up straight and tall.