

# PAST, PRESENT, FUTURE, POEM, DANCE!

Think of a moment in time—something from the past, something happening right now or something you hope will happen in the future. It can be a memory, a dream or even something you're still figuring out. Maybe it's a moment that felt exciting, confusing, happy or even a bit difficult. Choose one moment and turn it into a short poem. Your poem can rhyme, or it can be free and flowing—just like your thoughts! Once you've written your poem, try turning it into a dance. How might your body show the feelings in your poem? If your poem is about moving through something challenging, show that emotional journey with your movements—maybe you start small, or stuck, and grow bigger and braver as the dance goes on. Let your poem guide your body, and let your dance tell your story!

[illegible]