

## Molly Lucareli - DanceTok Transcript

- Hello everyone. My name is Molly Lucareli and I'm a fifth grade teacher in Northeastern Wisconsin. I have my master's degree in educational technology, am level one certified arts integration specialist, and am one of the Institute's educators in residence this year. Today, I'd like to share with you a way to incorporate the latest social media trends into your classroom in a safe, yet effective way. These past few years, it has certainly been a challenge for educators everywhere. We're doing everything we can to keep students engaged and learning and making progress. Social media has turned out to be one of the best professional development tools I've found. Shocking, I know. Platforms like Instagram and TikTok have allowed me to find educators and connect with them from all over the world. I have tried so many activities from these short videos that the educators have posted from what's working in their classrooms. I have also found joy in accounts that share funny and relatable teacher humor and stories. So one day, I decided to start making videos myself. I was able to combine my love for telling stories, using comedy, and dancing actively to participate in the community. I began making reels and TikToks on my teacher account and then started making TikToks for the Institute last winter. This small creative outlet has brought me so much joy in a time of great stress. Now, I have found it very natural to incorporate visual and media arts, theater and music, into my classroom. Dance, however, it's been harder to incorporate. Although I have an extensive dance background myself, I always struggle to authentically integrate dance into my classroom. So, I've seen so many elementary and middle school students dance and sing along to the latest trends going around social media, despite not being old enough to be on the apps themselves. So why don't we build stronger relationships with our students by incorporating these trends into the academic setting? I have two activities I'd love to share with you today. One is geared for kindergarten through fourth grade, and the second, fifth through eighth grade. So let's go. The energy level in an elementary classroom is high. Kids are looking for a reason to move and get their wiggles out. This is a great opportunity to add dance into the classroom but in a structured way. Students take in information like a sponge and have a high capacity to recall patterns and sequences. On TikTok, there are certain dance songs that have gone viral because there is a dance to go with it. You might remember the- ♪ Yeah, we fancy like Applebee's on a date night ♪ Or The Sun Goes Down from Neon Moon. ♪ Goes down on my side of town ♪ ♪ That lonesome feeling comes to my door ♪ These are simple dances that are also accessible, too. So let's try DanceTok, my version of the TikTok dance trend where your students will create their own short dances for everyone to try. Display the digital choreography board included with this session or create one similar to it to fit your needs. There are so many pre-made choreography cards and some blank ones for future creations. Each card is intended to be used for eight counts of music. Before we create our dance, let's learn the different steps. So stand up and join me. All right, the first moves we're gonna learn are just simple kicks. You can keep your arms down at your side because all of the moves we're gonna do are just using our legs. So, our simple kicks, where we can kick one, two, three, four, five, six, seven, eight. The next card is the pivot step. Step forward, twist your body around, step again, twist your

body around. That one's the pivot. The next one is the tip toe touch. Two tiptoes and then a touch. Tip toe touch, tip toe touch, back and forth. You would do it four times. Tip toe touch. The next one is just a simple twist. Twist and down, twist and up. The next one is called a grapevine. You're gonna step to the side, step back, step side, together. Side, back, side, together. The next is the bend and shift. So you're gonna wanna separate your feet apart. You're gonna wanna bend and shift, bend and shift. The next one is a jazz square. You're gonna think to yourself, I'm gonna make a square on the floor. We're gonna cross over, step back, step side, step front. Cross over, step back, step side, step front. The next one, we're gonna call the double jump, where we're gonna go jump to the front, jump to the front. jump to the front, jump to the front, a double jump. And then the last one is similar to the double jump, except it goes backwards. We're gonna call this one, the bounce ball change. Bounce, ball, change, bounce, ball, change. And those are the ones for our feet. The next group of cards is gonna be for our upper body. And the first one is up, up, down, down and we're gonna do that with our arms. Up, up, down, down, up, up, down, down. The next card is called tornado. We're gonna kind of put our arms up like a goal post and we're gonna swirl 'em around. So you can tornado your arms one way and tornado your arms the other way. The next one, one of my favorites, is the diagonal disco. One arm goes on your hip and the other arm is pointed out. And we're gonna point out, down, up, switch. Out, down, up, back to hands on your hips. The next one is a wave. You can do this two different ways. You can do the wave with both arms at the same time. Wave with one arm at a time. Or wave to the side, your choice, whatever your class wants. The next one is the shoulder raise the roof. We're gonna do two shoulders. Shoulder, shoulder, we're gonna bring up those hands and raise the roof. Raise the roof, raise the roof. Shoulder, shoulder, raise the roof, all together, okay? The next one, chicken head, sounds like it is. You're just gonna stick your head forward. Looks like this, chicken head, chicken head. The next one is just looking left and right. So you're gonna go left, right, left, right. Your karate chop. Using your arms, you can have your arms nice and straight and you can go back and forth and you go karate chop. One, two, three, four, five, six, seven, eight. I like the karate chop too. And then the next one, the clap. Bring both hands up and you're gonna bring your arm down like a ticking clock. You can bring both of 'em at the same time if you want to. And finally the mashed potato. Having our arms going back and forth and back and forth and you can bring all around if you want to. So those ones are for your arms. The next set of cards is talking about your whole body, so you're using it all at the same time. The first one is a jumping jack, just out and in, out and in. The next one, the groove about. You're gonna push your arms all around. You're gonna move it around in a circle. Groove about, groove about, groove about, groove about. Next one is the reach. Top, top, bottom, bottom. You're gonna step forward and reach up, step forward and reach up, step down and reach back, step down and reach back. Down, down, up, down, down. Good. The next one is a strike a pose. Now you can just strike a pose for once and hold it for all eight counts. You can strike two poses, one, two, three, four, five, six, seven, eight. Or you can strike four poses, one, two, three, four, five, six, seven, eight, where you do that. The last one is just a freestyle, so have a dance party. One, two, three, four, five, six, seven, eight, whatever your kids want. So now that we know all the different cards, you would use this by dragging down, on DanceTok, four different moves. So

let's try one out. Let's say we wanted to put together the diagonal disco and then the pivot turn and then do karate chop arms and a freestyle. That would look like this. One, two, three, four, five, six, seven, eight. One, two, three, four, five, six, seven, eight. One, two, three, four, five, six, seven, eight. One, two, three, four, five, six, seven, eight. It goes all together so, so nicely. So let's say you have limited space or your class is kind of crazy. You can adapt this to be more accessible by having everybody sit down. You can still choose moves from DanceTok and have a seated dance party. So let's try it, we could do tornado arms, and then do left, right, left, right, and then we could do the wave, and then the mashed potato, all sitting down. It would look like this. We could do up, up, down, down, up, up, down, down. Left, right, left, right. Wave up, wave down. And then finish off with our mashed potato sitting down. Again, you can mix and match in any order you want or even have small groups come up with their own dances. This is a great way to get moving in your class in an accessible way and a fun way to dance around the room. When you open TikTok, the algorithm is going to start cultivating For You page. And those videos are based on whatever you take time to watch, like, share, or comment on. My For You page is filled with teachers, dogs, and creator character satire like nineties mom, or Y2K middle school. The most viewed videos are the ones that align with a song or a sound bite to a relative topic, or teach someone something. This type of niche is perfect to incorporate in an upper elementary classroom or a middle school classroom because it incorporates cool trends and technology editing. An easy trend to plan and execute is the point to highlight. Students will put themselves in a frame and follow a sequence of pointing or gesturing that they will emphasize text later on when they edit. For example, you could do the steps of a math problem. My fifth graders are beginning to understand the order of operations. So each student could have a problem and they need to point to highlight each step of the problem. Take this example, for instance. I suggest having students use post-it notes on a story board to help them plan out their points and what they will need to edit the text to say. Emphasize that they need to practice their gestures, too. You could also use point to highlight to go over the plot of a story or the steps to a science experiment. It will be important for your students to know how many different gestures should fit within the beats they have selected to get their point across. Another great trend is the choose your character. This trend is a play on choosing a video game character to be used in a simulation. This could be done individually or in a small group. After completing a novel or a story, have your students create a list of characters with accompanying character traits. This trend will have your students pulling together costumes, finding short actions to be acted to go along with each character. Your students will record the short clips of the characters they are representing. They even may take it up a notch and add their own transitions into it. Check out my version of this with the characters from the movie Harry Potter.

- [Announcer] Choose your character. The last trend uses popular song lyrics. The easiest alignment for this trend would be ELA and social studies since your students are becoming characters. Now don't panic about picking songs. The best people suited for that job are actually your students. Ask them what their favorite songs are and in a brainstorming session, see if they connect to characters or historical figures. If you're looking for someplace to start,

Taylor Swift. Take a look at my social studies example of the colonists talking to King George. ♪  
No, we are never ever ever getting back together ♪ ♪ We are never ever ever getting back  
together ♪ ♪ You go talk to your friends talk to my ♪

- Social media is a tricky thing. It can be filled with wonderful joy but there are pieces of it that are less desirable. One thing is true, it isn't going away, and the more we can connect with our students with something they're exposed to and identify with, the better. Pairing these social media trends with your grade level academics will increase engagement and creativity in your classroom. Incorporating these video trends will also give them ideas to share with the world that are very appropriate for their age level and a great learning tool for others. For more great ways to incorporate creativity in the classroom, follow the Institute's social media for amazing content for arts integration on Facebook, Instagram, and TikTok. And feel free to follow my journeys on Instagram and TikTok as well. Now, go get dancing.