



# Butterfly Dance



**Physical activity/physical literacy links:** Creativity and self-expression; moving throughout open space, developing confidence; developing competence.

**Language/literacy links:** Supporting activity with talk and sign (e.g. imitation, story-telling)

**Equipment:** Long ribbons to hang from wrists, music and speaker system

**Website Links:** [youtu.be/EFJMLXd9tnE](https://youtu.be/EFJMLXd9tnE)

**Where:** Indoors or outdoors

## Storytime

- ❖ Butterflies exist in nature as both beautiful in appearance and behaviour. Indigenous people honor that beauty. The beautiful colors of butterflies can be seen at a powwow on the regalia of dancers any weekend of the summer. Powwows have been in existence for centuries. Some evolved from warrior's returning to the camp. They gathered to give thanks for their successful homecoming. Women originally danced on the side to welcome them home and show their support. Over the years, powwows evolved to include many different tribal cultures. From the traditional dances, other dances became a part of powwow. One dance is said to have evolved or been influenced by the beautiful movement and colors of the butterfly. This dance is called the women's Fancy Dance. The women wear a beautiful shawl on their shoulders which they hold out to their sides. The fringes of the shawl fly through the air as the dancers spin and dance on the tips of their toes, using delicate but energetic footwork to move gracefully across the floor.



## Let's Dance!

- ❖ In this game, children extend arms and dance with in a forward skipping motion and spin occasionally to imitate the graceful movements of the butterfly.
- ❖ Ribbons can be looped around wrists to accentuate movement and evoke the beauty of the powwow dance of the Women's Fancy Dance.
- ❖ The dancers dance in their own pattern and steps moving in a clockwise manner. Their goal is to imitate the grace and beauty of a butterfly moving from flower to flower.