



The Velveteen Rabbit – Creative Task

Rabbit Adventure Playground

Before beginning our Rabbit Adventure Playground Creative Task please ensure you are in a clear space with plenty of room to move.

If you haven't participated in any of our videos before, please read through our tips for working safely below. If you have already read these, you can skip straight to page 2 to see our Exercise Breakdown with useful tips!

SAFE PRACTICE

BEFORE YOU BEGIN – CHECK LIST

Are you dancing safely?

Don't do anything that hurts or feels uncomfortable!

If the movement from our videos hurts or feels uncomfortable – change it! You can always adapt or change the movement, so it feels comfortable for your body.

Are you injured?

If you are injured, we suggest you don't take part in these videos, or make sure you are able to adapt the material safely.

If you do hurt or injure your body – rest and seek medical advice.

Is your space safe?

Make sure you are in a clear space with lots of room to dance around, especially if you are dancing with other people.

THINGS TO CHECK:

Are there any objects on the floor that you could stand on or trip over?

Are there any things in the space that you could break?

Anything else?

We suggest wearing comfortable clothing that you can move easily in and bare feet.

Make sure you're not wearing anything slippery on your feet!

Go at your own pace – you can stop and start the videos at any time, and go back if you missed any instructions or moves. We suggest you watch each video once before joining in so that you know what to expect.

Have fun dancing!



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Task Instructions

1. First you need to make your Rabbit Adventure Playground...
2. To do this, go around your space and gather a range of different objects and materials.
3. Now arrange your objects and materials to create an adventure playground.
It's best if you don't think too much about it, it doesn't need to be perfect.
You can use our Rabbit 1-minute countdown to keep you on-track!
4. Once you have set up your own Rabbit Adventure Playground you can put our suggested track on and have a hop, bop and play around!
5. Remember only rabbits are allowed in a Rabbit Adventure Playgrounds!
Use the movement and gestures you've been practicing in our Velveteen Rabbit warm-up and choreography videos to help you move around your playground like a real-life rabbit.

Cool Down

After dancing we recommend that you give yourself time to cool down.
You can either follow one of our cool down videos or do your own stretches.