



The Velveteen Rabbit – Choreography

Play Box Dance

Before beginning our 'Play Box Dance - Choreography' video 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!



The Velveteen Rabbit Choreography Play Box Dance

Our 'Play Box Dance - Choreography' video will get you hopping and bopping like our Velveteen Rabbit. Don't worry about copying our movement exactly, instead think about how you can move like a rabbit. Scratch those ears and twitch those noses!

Before you start you will need

1. A box. If you don't have a box, you can put a sheet or some material over two chairs to make a rabbit hole
 2. A spoon
 3. A ball
- To begin, put your spoon and ball inside your box/rabbit hole.
 - Lie yourself down inside your rabbit hole, like you're a sleeping rabbit
 - Wake up! Crawl out of your rabbit hole and have a stretch
 - Stand up and stretch your hands above your head, shaking your tail as you do it. Wiggle back down to your rabbit crouch position
 - Kick one rabbit leg and then the other
 - Take a look around, side to side
 - Hop to both sides to have a better look around
 - Hop back to your rabbit hole, have a look inside and dig around to see if you can find anything to play with
 - A spoon! Have a little dance with your spoon, maybe pretend to eat something with it, come round to the front ready to start our Spoon Dance...

Spoon Dance

- With your spoon draw four big circles to the side
- Hold your spoon in front of you and do...
- Four big jumps to the side
- Four kicks forward and back
- Jump around in a circle



- Four kicks to the side
- And then gallop around the room!
- Put your spoon back in the box
- Take another look inside and dig, dig, dig and find your ball
- Now it's time to play Bunny Ball! ...

Bunny Ball

- See what rabbit tricks you can do with your ball.
Hop around it, dribble it with your nose, rabbit kick ups, get creative!
- Place yourself a little bit away from your box/rabbit hole and try and get your ball inside. Celebrate and commiserate depending on whether you get your ball in or not!
- Come back to your rabbit hole, it's the end of the day and it's time to get ready to go back to sleep
- Take a big stretch and rub those rabbit eyes
- Take a last look around, shake out both legs and curl up back inside your rabbit hole, ready to go back to sleep!

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.