Move with the Elements of Dance

A Crelata® Exhibit

Move with the Elements of Dance is a new traveling exhibit from Crelata® that gets visitors moving creatively with the elements of dance: body, effort, space, and relationship. People of all ages and abilities can join in guided movement challenges for each element of dance (also in ASL), design and try obstacle courses, dance with props, create dances, act out stories in the dance book nook, and more! Get ready to create a lot with your body and have fun in the process. Dance is for everyone!

WHAT ARE THE ELEMENTS OF DANCE?

The elements of dance are the building blocks of movement and include:

Body: What is moving?

- Action verbs
- Body parts
- Shapes
- Zones
- Bases
- Size
- Balance

Effort: How are you moving?

- Effort factors
- Laban effort actions
- Descriptive words

Space: Where are you moving?

- Non-locomotor movement
- Locomotor movement
- Reach
- Levels
- Directions
- Facings
- Anatomical planes
- Pathways
- Space words
- Focus

Relationship: With whom are you moving?

- Body relationships
- Relationship actions
- Time
- Spatial formations
- Groupings
- Choreographic structures and devices

Why is movement important?

Your body is an amazing instrument. It helps you share ideas, show your feelings, and move through the world. When you explore different elements of dance, you can become even more expressive and connected to yourself and those around you.

Dancing helps your brain and body work together, strengthens your coordination, and makes you feel great—physically, socially, emotionally, and mentally. You were born to move!

This exhibit is all about using your whole body to feel, think, and create. You only get one body, so enjoy it, take care of it, and have fun moving!

WHAT'S IN THE EXHIBIT?

Shoe and Bag Cubbies

Get ready to dance by taking off your shoes and storing your items in the cubbies.

Dress Up

Have fun wearing a costume as you dance your way around the exhibit showcasing your creativity.

Dance Book Nook

Cozy up in the reading nook and jump into stories that center around dance! From action books to stories about movement in different cultures, discover books that spark imagination and motion.

Stage

Create and perform your own choreography using the Elements of Dance!

Body Element Guided Improvisation

Follow the "Can you...?" prompts to move creatively and explore the body element of dance - a 7 video loop. In ASL.

Skeleton Station

Examine a skeleton model to see how it moves!

Effort Element Guided Improvisation

Follow the “Can you...?” prompts to move creatively and explore the effort element of dance - a 3 video loop. In ASL.

Prop Station

Test out movement with different props like ribbon wands, scarves, and egg shakers.

Build Your Own Obstacle Course

Use objects like cones, hoops, spots, and more to make your own obstacle course. Decide what to do at each obstacle and challenge yourself or someone else to complete your course!

Space Element Guided Improvisation

Follow the “Can you...?” prompts to move creatively and explore the space element of dance - a 10 video loop. In ASL.

Relationship Element Guided Improvisation

Follow the "Can you...?" prompts to move creatively and explore the relationship element of dance - a 6 video loop. In ASL.

Wall of Mirrors

Look in the mirror and move with the person and people you see in the reflection.

Move with the Elements of Dance Sample Floor Plan

Bookshelf

Dance Book Nook

Seating

Rug

Stage

Seating

Body Element

Body Element Guided Improvisation

Skeleton Station

Effort Element

Effort Element Guided Improvisation

Ribbon Wands

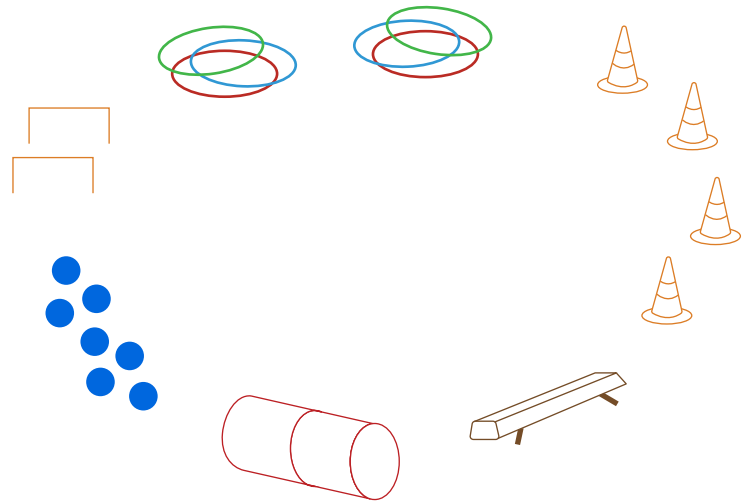
Scarves

Egg Shakers

Prop Station

Shoe and Bag Cubbies

Build Your Own Obstacle Course



Obstacle Course Material Storage

Move with the Elements of Dance

Dress Up

Wall of Mirrors

Relationship Element

Relationship Element Guided Improvisation

Seating

Space Element Guided Improvisation

Space Element

EXHIBIT SPECIFICATIONS

Schedule: Tour begins SPRING 2026

Size: 2,000+ Square Feet

Rental Fee: $25,000 plus inbound shipping

Contact: Ella Rosewood ella@crelata.com 608-770-6226

For more information, visit: **https://crelata.com**