NATIONAL MUSEUM of NATURAL HISTORY
Smithsonian

Natural History Summer Explorations:
Deep Sea Animal Adaptations
Dive Deeper at Home

DANCE – DEEP SEA EXPLORATION CHALLENGE:
Dance is a great way to interpret the way animals behave in the deep sea. Your challenge is to create your own dance that is inspired by a deep sea animal that follows this pattern:

1. Starting pose
2. 8-counts of locomotor movement (traveling movement like walk, skip, roll)
3. 8-counts of non-locomotor movement (move in one spot like bend, twist, sway)
4. Ending pose

Your dance will be designed by considering five important elements of dance.

WHAT YOU NEED:

- **Space to move around in**
- **Optional: Music**
- **Image or videos of a deep sea animal to inspire your dance (check some out below!)**

DIRECTIONS:

1. Pick a deep sea animal that inspires you to dance and watch how it moves. Explore these or other websites and videos:
   - **Deep sea worm:** https://oceanexplorer.noaa.gov/okeanos/explorations/ex1605/dailyupdates/media/video/0628-polychaete/0628-polychaete-1920x1080.mp4
   - **Deep sea crustacean:** https://www.youtube.com/watch?v=nFtSso1JJvw
   - **Sorceress eel:** https://www.youtube.com/watch?v=fTErHd0C7xU
   - **Deep sea squid:** https://www.youtube.com/watch?v=psee9tAgq_0
   - **Chimaera:** https://www.youtube.com/watch?v=MSM3xvdkOGQ
   - **Deep sea shrimp:** https://www.youtube.com/watch?v=vvpLhoNeASg
2. Review the chart below. Each column describes an important element of dance and includes questions and ideas that can help you create your dance.
3. Use the questions in the chart adapted from Local Motion Project and Perpich Center for Arts Education (2011) on the next page to make decisions on how you will move.

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BODY	ACTION	SPACE	TIME	ENERGY
What body part do you want to lead with? • Head • Arms • Hand • Legs • Feet • Chest • Back **What are the shapes of the body parts?** • Curved • Straight • Twisted • Angular	**Which locomotor (traveling) movement?** • Walk • Run • Skip • Gallop • Slide • Jump • Leap • Roll **Which non-locomotor movement?** • Bend • Twist • Reach • Sway • Grow/Rise • Fall/Drop/Melt • Spin • Swing	**What pathway do you want to take?** • Straight • Curved • Zigzag • Diagonal **What direction will you move?** • Forward • Backward • Sideways **What levels will you position your body?** • High • Middle • Low	**How fast is your movement?** • Speeds up • Slows down • Steady pace	**How will your movements look?** • Sharp • Smooth • Heavy • Light

Adapted from Local Motion Project and Perpich Center for Arts Education (2011)

4. Now put your dance together! Optional: Find music that inspires you to move like your chosen animal. Create a dance that involves the following pattern:
   - Starting pose
   - 8-counts or beats of locomotor movement
   - 8-counts or beats of non-locomotor movement
   - Ending pose
5. Show your dance to your family or friends! Share with them what you love about how you can combine dance with deep sea science!

TAKE IT A STEP FURTHER:

1. Think about adaptations your animal would need to survive - How would it eat? How would it avoid predators? How would it attract a mate? Revise your dance to incorporate these adaptations.
2. Pick a new animal and create a new dance using the following pattern, or create your own pattern:
   - Starting pose
   - 8-counts or beats of locomotor movement
   - 8-counts or beats of non-locomotor movement
   - Ending pose
3. Watch some other ocean animal dance interpretations:
   - https://ocean.si.edu/conservation/get-involved/dancing-oceans
4. Explore More:
   - **Ocean Portal Worm Images, Videos, and Info:** https://ocean.si.edu/search?search_api_fulltext=worms
   - **Watch *Ocean Biodiversity - Exploring Marine Invertebrates with Dr. Karen Osborn*:** https://naturalhistory.si.edu/education/teaching-resources/life-science/ocean-biodiversity-discovering-marine-invertebrates