

Fruit Salad Moves!



Have fun moving with rhythm.

Use your own body, words and a chair to sit on.

Practice your fruit salad moves, then perform for your family!

This arts activity is best for elementary students. Younger children can play with coaching from adults or older children. To see Fruit Salad Moves in action visit Walton Arts Center's YouTube channel.

HOW TO DO IT:

Here are three fruit words to choose from: grape, apple and watermelon. Play these words like beats on a drum—but use your hands, feet and chest. Syllables are the sound parts, the beats, of words. In the Fruit Salad game, each word syllable gets one sound. Sit up tall to practice these word rhythms.



CLAP

GRAPE is one syllable. Perform it with one clap.

Say GRAPE. Clap as you say the word.



PAT-PAT

APPLE is two syllables. Perform it with two pats.

Say AP-PLA. Pat your chest with each syllable as you say the word.



















STEP-STEP STEP-STEP

WATERMELON is four syllables. Perform it with four steps.

Say WA-TER-MEL-ON. Step your feet right, left, right, left as you say the word and pay attention to each sound.

Now create a fruit salad! Sit on a chair, **SAY** the fruit and **DO** the rhythm:

SAY				
DO	CLAP	CLAP	STEP-STEP-STEP-STEP	CLAP
SAY				
DO	PAT-PAT	PAT-PAT	STEP-STEP-STEP-STEP	CLAP
SAY				
DO	PAT-PAT	STEP-STEP-STEP-STEP	STEP-STEP-STEP-STEP	CLAP
SAY				
DO	CLAP	PAT-PAT	PAT-PAT	CLAP

Now create your own fruit salad!

Draw fruits in the grid below and match each fruit with claps, pats or steps using these fruits:

PEAR | LEMON | AVOCADO

Next, try a new salad using different foods or even the names of everyone in your family. (Examples: rice – chicken – peanut butter OR Juan – Amy – Mallory)

Experiment, practice, perform!

What other salad moves can you make? Perform them for your family. Can your family perform the moves together? **If you made a great fruit salad rhythm we'd**

love to see it! Send videos to artslearning@waltonartscenter.org.

We might share them with thousands of Walton Arts Center patrons!

