



## Holy Dancing

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Subject area: Prayer

target age group: 9-adult

abstract:

This activity teaches students why there is choreography in prayer, helps them connect to a prayer that is meaningful to them, and help them connect with prayer with their whole body. After certain instances of movement associated with prayer is shown to students, they (in small groups) choose a prayer and develop meaningful choreography to it.

materials: siddureem

procedure: tell and show students about the movement for the prayer you are studying  
-students are divided into groups of two or three, each group has a Siddur

-Each group must chose a prayer they know and create choreography for it that helps them to connect with the meaning of the prayer.

-each group presents their new choreography to the group and explains the reasons for their choices

-the class then discusses some traditional prayer movements in light of our new understanding.

questions to consider: How does moving (as opposed to standing still) make praying feel different? Why do we move during prayer? What are other activites that have chographed movements and how are they different than and similar to prayer?

comments and feedback: sometimes I choose groups that will be well-behaved together, but in this exercise I think it is more important that they be in groups of others with whom they feel comfortable.

bibliography/additional resources: