

FUN PALACES

#TinyRevolutions – Physical Postcards

Dance Centred are an artist-led dance company in Cornwall. Here's their way to get people dancing ...

Who do you want to get dancing? Make a hand-crafted postcard with fun, curious, beautiful images and fabulous dance and music suggestions. Post them to your friends and family. Your little gem of a Physical Postcard will drop through the letterbox and brighten up their day and inspire them to get dancing. This is a great way to stay in touch and have some fun until you meet again.

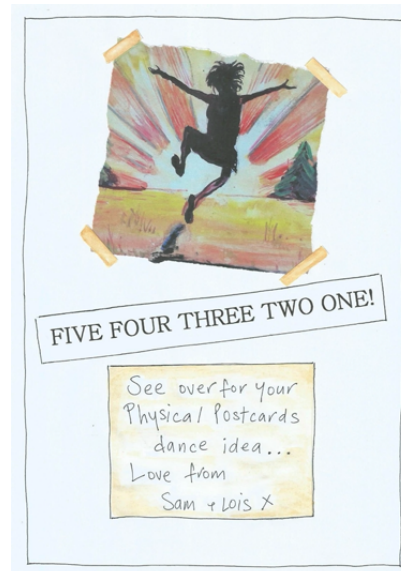
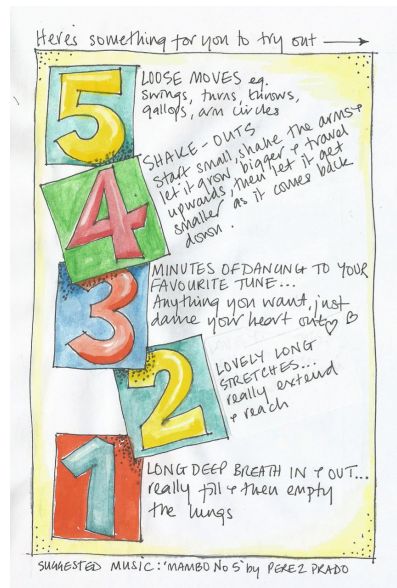
How to make your Physical Postcard

Find some card - you could cut up a cereal box and stick paper onto one side.

The dance ideas - 5 4 3 2 1

Starting with 5 and working your way down to 1 - think of suggestions to get your friend, mum, dad, grandad, aunty, neighbour moving. There are loads of things you could suggest, for example ...

- 5 stretches
- 4 twists
- 3 caterpillar wiggles
- 2 leaps across the room waving your hands in the air
- 1 of something to end the dance (eg 1 spin)



Maybe your friend will take a picture or video of themselves moving to your Physical Postcard idea to share with you. You could post us one to: Kilmar, South Phoenix, Minions, Liskeard PL14 5LH.

to share your own #TinyRevolutions ideas contact Fun Palaces
www.funpalaces.co.uk stella@funpalaces.co.uk 07889694159