



## “DANCING WITHOUT HANDS”

With schools now closed and activities severely limited, the **Israeli Dance Institute** is pleased to offer a simple way to raise spirits, enhance wellbeing and keep children and staff active at home.

The 10 dances that follow are ‘scatter’ dances which require no hand holding. All the dances have simple steps and we have included material for children from Reception. Older children will enjoy all the material. We have indicated the level of challenge as follows: (1 – easy, 2 - medium challenge, 3 - greater challenge)

Each dance has a short explanation and a link to video instruction. We can send the music files, sheet music, song lyrics and/or dance notation on request to our email address: [info@idi.org.uk](mailto:info@idi.org.uk)

Enjoy!

### **Bashana Haba’a – Next Year (1)**

This dance projects forward to better times in the future. Participants can join in with the refrain: ‘Look how good it will be next year!’ <https://vimeo.com/313670592/ec7eef428>

### **Chai – Alive (1)**

This dance is about survival and how good it is to be alive. Children will enjoy singing along to the chorus – ‘this is my grandpa’s song, sung by my dad and today by me.’

<https://vimeo.com/310957409/cb380e5f53>

### **Eretz Yisrael Sheli Le’ad (2)**

This dance expresses a personal relationship with Israel. Participants can join in with the chorus and will enjoy shouting Heydad! the Hebrew equivalent of Hurray! at the end.

<https://vimeo.com/289449903/79fb2966c8>

### **Hassidance (2)**

This is a dance in the style of the Chassidim. For the Chassidic community dance is a tool for expressing joy, believed to have a therapeutic effect on the soul, the body and the community.

<https://vimeo.com/374161779/df864682bb>

### **Eize Yom Yaffe – What a Lovely Day! (2)**

‘What a lovely day’ speaks for itself. It provides a really good ‘work out’!

<https://vimeo.com/user78851325/review/297700163/ecfdb69e1f>

### **Hamishpacha Sheli – My Family (1)**

This dance is about a birthday party to which the whole family comes.

Children learning Hebrew can listen out for and sing along to learn the names of family members.

<https://vimeo.com/289451071/2d0766bc0d>

### **Hine Ma Tov – How Good (3)**

This dance, with more challenging steps is a celebration of community. ‘How good and pleasant it is when people live in harmony.’ The words are easy and fun to sing along to.

<https://vimeo.com/250884674/52bb323e25>

### **Noladetti LaShalom – I was Born for Peace (1)**

In this dance participants stretch out a hand for peace. There is an interlude between the verses where participants reach down then up with their hands. As they reach up, they can add to the exhilaration by making a ‘whooping’ noise. Great fun!

<https://vimeo.com/310983065/e174e651de>

**Rak Rotsim Lirkod – We Only Want to Dance (3)**

This is a more challenging dance for older children expressing the joy of dancing.

<https://vimeo.com/250889175/9364a9ef5c>

**Ten Li Et Hayom Hazeh – Give Me This Day (1)**

Like Eize Yom Yafe, this dance is about the joy of a beautiful day.

<https://vimeo.com/289453896/803fa6e7ed>

**More materials will follow for Pesach and Yom Ha'atzma'ut**