

## Warm up for Carnival Dance with a flag Session 2



**Welcome to session two of the New Carnival Company's 'Virtual Carnival Club'.**

Today's session begins exploring carnival dance through a warmup activity using your flags, created in session one with Gina.

If you haven't made your flag, don't worry, you can still join in this session but perhaps create a flag afterwards?

### **A few things to consider...**

- If some of the moves are difficult, modify them to suit your ability or just take a little break.
- Keep water nearby to stay hydrated.
- Wear comfortable clothing that you can move in.
- Take off jewellery such as bracelets, earrings and necklaces.
- Ensure that your floor surface is clear.
- HAVE FUN!

Have a look at local Isle of Wight Mardi Gras performers in action as inspiration for your virtual performance at the end of these sessions.

### **2018 – Global Biosphere**

<https://www.youtube.com/watch?v=8WRxzOiDq3Y>



### **Images from IW Mardi Gras 2019**



**Disclaimer:** The New Carnival Company is offering these activities for your enjoyment but cannot be responsible for your personal health and safety. We advise that activities are monitored by a parent or guardian, and that participants follow the advice and guidance recommended by the tutor delivering the session.