A Day in the Forest

Story & Movement Narration

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1. Daybreak — FLOWING

It's early morning in the forest, and all of the creatures are sound asleep in their homes as the first rays of sunlight begin to peek over the horizon.

The animals begin to wake up. They **gently roll from side to side** on the ground. In some of their animal homes, they live quite closely, so they're very careful **not to roll into one another**.

Slowly, **the animals yawn**, and they **rock even more from side to side**. All of a sudden, they **roll all the way over onto their bellies**.

When they find themselves on their bellies, they begin to **creep along the forest floor**, **pulling their bodies along with their hands** in front of them on the ground.

They notice one another as they **move slowly along**. Suddenly, they discover that they can **come up onto their knees and crawl**—an entirely new way to see the world.

And soon, some of them even discover that they can **stand upright**!

2. Morning / Playful — STACCATO

They **stand up tall** and begin to **walk around the forest** in complete wonder at all they can see from this new height.

They **listen around them**, and they **look at one another**. As they **move around the forest and through the trees**, they begin to **play a game of hide-and-seek** with one another.

Hide-and-seek in the forest can be great fun!

They **run and hide behind the trees** and **move quickly around one another**, taking care to **leave plenty of space between each other** as they move.

Some **stand up on their tiptoes** as they move along. Some **scurry**, some **hop**, and soon all of the animals are out in the forest playing in the mid-morning sunlight.

They **run behind the trees**. They **duck and hide near bushes**. And then they **pop out in surprise**!

While the animals are busy playing with one another, they don't even notice the dark clouds that are rolling in overhead.

3. Storm / Fear — CHAOS

All of a sudden, the animals feel rain.

They **look up into the sky** and see the dark clouds swirling wildly. The winds begin to blow, and the forest trees creak as they **sway from side to side**.

The sound of thunder sends the animals into a panic, and they **scurry wildly around**, **searching for a safe place to hide**.

The animals begin to **make their way toward home** as the storm grows even stronger around them.

They **run and sometimes stop under trees**, waiting until it's safe to go out again.

Finally, they make their way to their homes, soaking wet. They **crawl into small spaces and hide**, waiting until the storm passes.

4. Rainbow / Wonder — LYRICAL

The storm clouds begin to move away, and the last drops of rain fall from the leaves on the trees.

Sunlight appears through the clouds.

The animals **slowly stand back up** and **walk out into the forest**.

The forest world is fresh and new after the storm, and the animals are so happy to be able to come back out.

As they **look up into the sky**, they see a beautiful rainbow!

They're filled with a sense of wonder as the colors of the rainbow paint the sky with brilliant streaks of red, blue, green, orange, and the most beautiful yellow.

The animals **smile at one another** as they **crawl**. Some of them **hop**. Some **walk**.

5. Nightfall / Peace — STILLNESS

Evening begins to move into the forest.

The sun is setting in the sky, and the animals **move back toward their homes**.

They **move very slowly**.

When they reach their homes, they **lie down in their beds**.

The sun sets, and darkness fills the forest. The animals **stretch on the ground** and **roll a bit from side to side**.

Slowly, they begin to **drift off to sleep**.

Stars come out in the night sky, and the moon slowly rises overhead.

And a day in the forest comes to an end.