Crossing the Troll Bridge - Norwegian Halling Dance
Grades CD–2

Objectives:

1. Students will perform and modify a dance using characteristics from a culture and time period.
2. Students will move their bodies in different ways.
3. Students will describe the pattern in a folk dance.
4. Students will perform with concentration, expression, and spatial awareness.

Materials:

- Copy of *The Three Billy Goats Gruff* (read or watch/listen)
- Open classroom or gym space
- Music player and speakers
- Access to:
    - Norwegian Halling dance video
    - Halling folk music (instrumental preferred)
- Optional floor tape for creating a "bridge pathway"

Directions:

- Tell students, "When you come to the Gaillard Center, you will see *Billy Goats Gruff and Other Tales*, a performance inspired by traditional folktales from around the world."
- Share with students, "The story *The Three Billy Goats Gruff* comes from the country of Norway. Today, we will read the story of *The Three Billy Goats Gruff* and explore a traditional Norwegian folk dance called Halling."
- Show students where Norway is located on a map, if available.
- Read the story aloud.

Activity directions:

Step 1: After reading, briefly explain, "Halling is a lively folk dance from Norway that includes bouncing, stepping, jumping, kicking, and energetic movement. People traditionally danced Halling at celebrations and community gatherings."

Step 2: Watch the Halling dance video together.

- Encourage students to notice the dancer's jumps, stomps, kicks, balance, rhythm, and posture.

- Discuss, “How is this dance the same or different from dances you already know?”

Step 3: Encourage students to practice Halling-inspired movements. Feel free to replay the video so students can use the dancer as a guide. Teach students specific movements they can use to move through the troll bridge later in the lesson.

- stomping feet
- bouncing steps
- knee lifts
- small kicks
- strong walking patterns
- rhythmic clapping

Step 4: Build the troll bridge

- Optional: set up tape on the floor to create a “bridge pathway.”
- Have students form two lines facing each other.
- Students connect hands overhead to create a “bridge” inspired by the troll bridge in *The Three Billy Goats Gruff.*
- Explain, “As the music plays, you will travel through the bridge using Halling-inspired dance movements.”
- Students take turns going through the bridge tunnel while carefully stomping, bouncing, and stepping rhythmically through the bridge.
- Encourage clapping or expressive movement!

Conclusion:

- Share with students, “Today, you explored a traditional Norwegian folk dance called Halling, connected to *The Three Billy Goats Gruff*. Just like in *Billy Goats Gruff and Other Tales,* movement and music can connect us to cultures around the world.”
- Say, “During the performance, watch for”:
    - rhythmic movement
    - storytelling through dance
    - different cultures being highlighted

SC College and Career Ready Standards:

- **D.C IH.6** - I can perform and modify a dance using characteristics from a culture and time period.
- **D.CR NL.1.1** - I can move my body in different ways.

- **D.R NH.5.1** - I can describe the pattern in a folk dance.
- **D.P IM.4.3** - I can perform with concentration, expression and spatial awareness.
- **ELA.AOR.1** - Evaluate and critique key literary elements that enhance and deepen meaning within and across texts.