turn on the music

...and dance with your child

Choose songs that encourage you to be active - "jump", "swing your arms"

freeze dance

Play some music and dance.
Stop the music and freeze in place.
Start the music and start dancing again.

What funny positions can you and your child make when you freeze dance?

copy cat dance

Dance a couple steps while your child watches. Let your child repeat the dance. Take turns creating dance steps.

swim dance

Pretend to swim with your arms and legs. Swim standing up. Swim lying down. Pretend to surf.

wiggle dance

Create your own dance –

hop, hop, wiggle, wiggle, slide, slide and clap.

Let everyone create their own special dance.

dance like an animal!

Take turns dancing like an animal – guess which animal your child is.

crawl like a cat
wave your arms like a monkey
wiggle like a snake or a bug
hop like a bunny or a frog
fly like a bird or a butterfly
clap your hands like a seal
gallop like a horse

sing to the music - singing is a fun way for little children to learn new words

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marching band

rn on the music
rch around the house.
round the table, couch,
hairs and beds.
s in the air. Pretend
plastic containers
shake containers
d

al pillows

lows in the middle
e less pillow than
dren playing the game.
and dance around
the music and have
pillow.
es not have a pillow
t round of music
moved.
is one pillow and
g.

k
stretch

slow quiet music.
or with your child.
to the ceiling
ben.
to the wall and stretch.
to the wall and stretch.
ns

with
are
st and
mate.

play together
grow together