

Dancing

Craft

Dance Ribbons

- Make a circle with a pipe cleaner, or use a bracelet or anything you can hold and tie ribbons to
- Tie ribbons to the circle
- Voila! Fancy dancing ribbons!



Art

Inspired by Music

Put on some music and make some art while listening to it – how does the music make you feel? What kind of art do you want to make when you listen to that music?

Rhyme

For a video of this rhyme visit: <https://www.youtube.com/watch?v=7C9dVpA26aY>

Dance Your Fingers Up

Dance your fingers up (wiggle fingers up in air)
Dance your fingers down (wiggle fingers down low)
Dance your fingers in and out (wiggle fingers towards and away from each other)
And dance them all around (wiggle fingers in circles)
Dance them on your shoulders (wiggle fingers on shoulders)
Dance them on your head (wiggle fingers on head)
Dance them on your tummy (wiggle fingers on belly)
And put them all to bed (hide hands behind back)

Dancing

Video

Dance Across America Video: <https://www.youtube.com/watch?v=Tb2dpHTQW3Q>

Songs

“North Country Dance Band” by the Okee Dokee Brothers:

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

“Dancing Pants” by Andrew & Polly:

<https://www.youtube.com/watch?v=Q-y7TwgGBRs>

“Dancing in the Kitchen” by Tim Kubart:

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

“Earthworm Dance” by Matt Loosigian:

<https://www.youtube.com/watch?v=b35xMEdB2Cc>

Games

Memory Moves

To play memory moves, have the kids form a circle around the dance floor. Choose one player to go first. That player will step into the center of the circle and make up a dance move. The next player will step into the center and repeat the same dance move. After that player mimics the dance move of the first player, he then performs one of his own. It is up to the next player to repeat both dance moves and add a third. The game continues in this manner, which each dancer repeating and then adding a new move to the list.

Dance Switch

Play music and have the kids dance randomly. Stand alongside the dance floor and randomly call out different dance styles, such as disco, square dance, ballroom, hip-hop or ballet. Whenever a new dance style is called, players must switch their dance moves to suit that style.

Popcorn Dancing

Grab a beach ball or other light ball and crank some music. When you toss the ball to someone, they have to dance. Then they can toss the ball to any of their friends to make them dance.

Animal Dance

Dancing

How would an elephant dance? A monkey? You can either have everyone dance as the same animal and keep changing it up, or encourage them to dance as their favorite animals (without making the noise) and try to guess.

Body Part Party

Have your kids circle up and then you can start some music. Lead by example with this one and start by “dancing” one part of your body (like your arms or even just your right arm). Everyone else in the circle should mimic your dance. After a few counts, “pass” the dance to the next person who must “dance” that same body part but in a different way. After you’ve went around the circle, pick a new body part to make dance.