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| **For these activities choose some music and move. There is no “wrong” way to dance!***Ideas for younger children:* 1. Dance with a prop – use a hat, ribbons, a hula hoop or a balloon.
2. Animal Dancing – become an animal (alligator, tiger, shark or giraffe) and move to the music the way you think this animal would move.
3. Dance with a partner – can you mirror their moves?
4. Musical statues – dance to the music and freeze when it stops.
5. Do the “hokeycokey”. Sing the words too.

*Activities for older children:*1. Pick some music that has a good beat and clap or jump to the beat.
2. Choreograph a short dance routine to a well-known piece of music.
3. Play along to the music on an “air guitar” or become the conductor of the orchestra.
4. Look up some dance moves on YouTube and learn a routine (dancefitnesskids). <https://www.youtube.com/watch?v=6QOI1RRUL8o>
5. Learn the “**haka**”. Do some research on where the haka comes from and what it means.
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| CROSS-CURRICULAR CHALLENGE: Dance and Art (for children of all ages)A picture containing table, food, small, pizza  Description automatically generated Equipment* Music
* Large sheet of paper (maybe the back of an old roll of wallpaper)
* Paint of various colours

Instructions1. Paint your feet with any colour of paint.
2. Turn on the music and dance your way along the paper.
3. If each person has a different colour of paint on their feet you can make some interesting art together.
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| **Benefits of dancing (information for parents)** |
| Dance can help children **develop:*** co-ordination
* communication
* co-operation

Dance can help **improve:*** agility and flexibility
* heart and lung condition
* muscular strength; endurance and motor fitness
 | Regular dance/physical activity can **increase:*** aerobic fitness.
* bone density
* muscle tone

Dance can improve **mental health** by:* releasing/reducing stress
* lifting low mood/depression
* providing opportunities for social bonding
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| **I’d love to see any photographs or video clips you are able to post on the blog.** |