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| **For these activities choose some music and move. There is no “wrong” way to dance!**  *Ideas for P1-P3:*  (a) Using a prop like a hat or scarf make up a dance to a favourite piece of music. The prop has to be a central part of your movements used to enhance your dance. Props may exaggerate gestures, create rhythms, convey ideas or feelings, etc.  (b) Memory moves – play this with the whole family.   * Play some music. In a small circle choose somebody to go first. They think up a new dance move. Everyone copies their move. * The second person thinks up a new move. They do the first dance move and a second move and everyone copies. * The third person has to do the first move, the second move and their own new move. Everyone copies. * Keep building on the dance moves until everyone has had a turn. Can you dance to the whole song using the moves you have learned?   (c) Choose some favourite music and dance along with a partner. Who has the best dance moves?  .  *Activities for P4-P7:*   1. An emoji-style dance can bring out your creativity. All you need are a few large emoji flashcards with expressions like angry, sad, happy, etc.   **How to play:**   * The rule is to dance to an emoji expression or theme. * Parents can raise a flash card for the kids, and they need to dance to the theme of that emoji. * Pick music or songs that match the mood or emotion of the emojis. For example, play a peppy number for a ‘happy’ emoji and some slow music for a ‘sad’ emoji. * It is not necessary to play only songs. You can also play instrumental music that is relevant to the expressions.   A picture containing different, photo, sign, table  Description automatically generated  (b) Choreograph a short dance routine to a well-known piece of music.  (c) Learn the actions to a well-known dance song like the macarena or cha-cha slide. Show off your routine to an audience (mum or dad?) |