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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?) |