



**Dance**

As we all know, dance is a fantastic way to let your child express themselves and communicate freely. Please enjoy the following activities, links and websites chosen to stimulate and boost your child's well-being.  
Have fun!

**TRY ME AT HOME: Balloon Dance**

**Step 1:** Play your child's favourite song and leave it playing...

**Step 2:**



**Step 2:**

**Blow up a balloon in your child's favourite colour.**

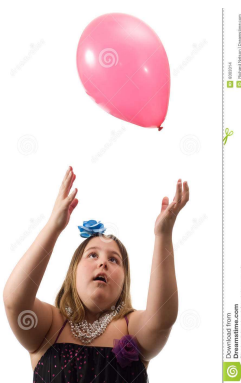
**Step 3:**



**Step 3:**

**Throw the balloon in the air.**

**Step 4:**



**Step 4:**

**Ask your child to keep the balloon up in the air and dance, pause the music if it touches the floor.**

## **TRY ME AT HOME: Movin' & Groovin'!**

Another fun and easy dance activity you can do in your home or garden with just ONE simple material.

You'll need: Music & Tissues

### **Step 1:**

Play your child's favourite song.



### **Step 2:**

Put the tissue on your child's head.



### **Step 3:**

Ask your child to dance without letting the tissue fall down. Stop the music if the tissue falls down.

**This weeks fortnightly recommendation is: 'DanceSyndrome'.**

<https://www.youtube.com/user/sueblackwellDS>

Their vision is simple:

"Empowering learning-disabled individuals through inclusive dance".