

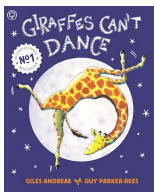
Primary Home Education – Summer 1 Weeks 1 and 2

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!

Higher level ability dance activity

<https://www.youtube.com/watch?v=vZjsLK5vwNU>



Once you've watched/listened to the story Create a dance that Gerald might be able to do. Perform to your family.

low-level ability dance activity

<https://www.youtube.com/watch?v=r2b2bvkjRcl>



Have yourselves a Sensory Rainbow Dance Party!

Follow your child's every move and copy what they do with their arms, leg, whole body etc.

Movement Breaks: Who doesn't love a fun, engaging movement break? Especially when it will help support the brain related to attention and help process information! Here are some favourites of ours...

Easy:

https://www.youtube.com/watch?v=iWTbmnfvD_4 - Stir it up

Medium:

<https://www.youtube.com/watch?v=qeSSmNRBlqY> The Skeleton Dance

Hard:

https://www.youtube.com/watch?v=l3u_gaOPCGk – Shake it off – Taylor Swift

'Flamingo Chicks' is an inclusive community giving disabled children those with illnesses such as cancer, the opportunity to enjoy ballet and explore movement alongside their friends.

They have **FREE** online classes and home activities for your child! (They also support their videos with Makaton)



<https://flamingochicks.org/athome/>