

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!



Windy stroll



Emerging

Give your child a scarf and play the song:

<https://www.youtube.com/watch?v=pYnv7zfjJ-Q>

Let your child move to the music, trying to move the scarf as well as their body.

Mid

Give your child a scarf and play the song:

<https://www.youtube.com/watch?v=pYnv7zfjJ-Q>

Let your child try to copy the movements and actions from the video using the scarf and their body.

High

Give your child a scarf and play the song:

<https://www.youtube.com/watch?v=pYnv7zfjJ-Q>

Let your child try to copy the movements and actions from the video and try to create some own, unique movements to the music.

Materials:

'A drum' – Anything you can bang together.

Large area to move around - Maybe push the chairs to one side – or if you have an outdoor space to access.

Instructions:

1. Have the children warm up by running around the room while you beat a fast rhythm on a drum.
2. Practice having the children freeze by saying "freeze" while stopping your drumming.
3. Have the children move again by walking, skipping, crawling, etc to the rhythm you play on the drum. Continue to practice having them freeze when the drum stops. (Most likely only a few will get it for now unless you have all ready done something like this. This is OK. As you continue the activity you will probably get more to understand).
4. Explain to the children that you are going to go on a bear hunt. Have them march to the beat of the drum. Sing or chant the words to the We're Going on a Bear Hunt Song. Move along with the drum to model what to do.

"We're going on a bear hunt (Can your child repeat it back?)"

"We're going to catch a big one! (Repeat)"

(Stop the drum, stop moving and say)

"We're not scared. Such a beautiful day"

"Oh no! Long wavy grass!"

Move through the grass.

Try to beat a rhythm that matches what they decided on.

"Swishy swashy, swishy swashy (repeat as often as you want)"

match a rhythm to it.

"Oh no! A cold, wet river!"

"Splish splash, splish splash (repeat)"

"Oh no! Thick oozy mud!"

"Squelch, squerch squelch, squerch (repeat)"

"Oh no! A deep dark forest!"

"Stumble stumble trip, stumble stumble trip (repeat)"

"Oh no! A dark gloomy cave!"

"Tip toe, tip toe (repeat)"

Walk like a bear!

How a bear would walk?

Would it be quiet feet or loud feet?

"It's a bear!"

Finale:

let your child be the bear and chase the you or the family around the house/garden.

Farmwalk

Emerging

Play the video

<https://www.youtube.com/watch?v=yJvEwjK0ISQ>

and enjoy listening to the animals and their sounds.

Mid

Play the video

<https://www.youtube.com/watch?v=yJvEwjK0ISQ>

and give your child movement instructions for each animal of the video e.g.:

- Horse: gallop
- Pig: roll on the floor
- Cow: walk slowly
- Rooster: pretend to fly

High

Play the video

<https://www.youtube.com/watch?v=yJvEwjK0ISQ>

and give your child movement instructions **and** sound instructions for each animal of the video e.g.

- Horse: gallop and neigh
- Pig: roll on the floor and oink
- Cow: walk slowly and moo
- Rooster: pretend to fly and crow

<https://preschoolinspirations.com/dance-songs-kids/>

Action and dance songs are great when kids need to get their wiggles out, when the weather isn't cooperating, and when you just need a bit of fun! They're some of the best.