Dance Party!

Dancing is a great way for kids to get exercise, express their creativity, communicate feelings, and enjoy music. Try some of these dance ideas together—fun for the whole family!

**Freeze Dance**

Kids dance like they can’t stop, and then freeze like a statue!

- Put on music and have everyone dance.
- Stop the music suddenly—everyone freezes in place!
- Repeat by restarting and then stopping the music again.

**Let’s Dance!**

Dances come in many varieties. What’s your favorite?

- What’s your favorite dance style or steps? Teach your child the basics, then put on some music and boogie!
- Ask your child to show you the dance he or she did in class. Can you guess what he or she is imitating?

**The Add-On Dance**

Together, make up a dance, step-by-step. Can everyone remember the moves?

- The first dancer does a dance move (“jump up and down,” for example).
- The next dancer adds a move (“jump up and down…then spin around”).
- Continue to add steps. When the dance has at least three moves, perform it together.

Look for free or low-cost dance performances at schools, libraries, and local arts organizations. With your child, enjoy the excitement of a live show!