

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!

PINKALICIOUS & PETERRIFIC® is produced by WGBH Kids and Sixteen South Studios.



Funding for PINKALICIOUS & PETERRIFIC® is provided by the Corporation for Public Broadcasting, and public television viewers. Produced with the participation of Northern Ireland Screen. Corporate funding is provided by Kiddie Academy®, Homer, and Target.



© 2020 WGBH. Underlying © Victoria Kann, or Victoria Kann and Elizabeth Kann. TM: Victoria Kann. All third-party trademarks are the property of their respective owners. Used with permission.