

# Create & Choreograph Your Own Dance

Kids love dancing and they feel compelled to move to music even before they utter a word. Dancing lets them express themselves through movement. With so many positive benefits to the body, the mind, and the soul, dance is a beautiful all-round activity and something that is best encouraged from a young age. Dancing can reinforce their memory, cognitive abilities, and physical fitness.



## Teaching Tips:

1. Keep it simple - basic movements that can be broken down.
2. Recognize Rhythm – simple rhythm that matches the beat of the music.
3. Repetition – children learn better through repetition and structure.
4. Positive Reinforcement- praise your child when they get a step or a movement correct.
5. Have Fun – dancing and moving should be fun and not a chore.

## What you need:

Watch You Tube videos on simple dance choreography, here are some examples:

## What to do:

1. Watch the videos as a family or group
2. Work together with the child or children to create and choreograph a dance routine (or let them take the lead!)
3. Have the children put on a show for family members and/or friends

- [Easy Kids Choreography - Hip Hop](#)
- [Easy Dance Routine - Hip Hop](#)
- [Learn Easy & Fun Kids Hip Hop Routine](#)

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