



# Wee Play & Learn

Wee Learners  
(4-5 years):  
Crank Up The Music and  
Boogie Down



One way to maximize your time with your children, exercise as a family and blow off some steam is to have a family dance party!

## What you need:

- Music
- Friends (optional)
- Favourite stuffed toys
- Flash lights, twinkling Christmas lights, glow sticks



## What to do:

- Have a CD of your children's favourite songs, or use your phone to play the music from Spotify, Apple Music, radio stations, etc.
- Move the furniture to make room to move and dance
- Turn off some of the lights in the room and turn on the Christmas lights, use flash lights, glow sticks
- Turn on the music and have fun dancing as a family. Singing the words to the song, showing off dance moves, playing freeze dance games, etc.

<http://bit.ly/1bGI2vh>

