



Dancing Activities!!

For dancing while social distancing consider marking out spaces on the floor with tape, or heading outside. Let's get dancing!



Emoji Dancing

- ◆ Take a print out of popular emoji expressions, such as happy, sad, angry, and amazed.
- ◆ Make them into large flashcards.
- ◆ The card you flash is the theme on which they dance.
- ◆ Play music as per the theme.
- ◆ Music needs to change along with the expression.
- ◆ Happy emoji can be on a peppy song; the sad expression will be comical (surprisingly) on a sad song.
- ◆ Kids will love dancing to such songs that express different emotions
- ◆ Blog, game #7: https://www.momjunction.com/articles/dance-games-and-activities-for-kids_00399936/

Free Flash cards printable:

<http://mockeri.com/emotions-flash-cards/>

Music for feelings: <https://youtu.be/utZrOdPu5sk>

Article for teaching more about emotions:

<https://www.naeyc.org/resources/pubs/yc/mar2017/teaching-emotional-intelligence>



Heartbeat Dance Game

You'll need two or more kids for this one. One child (or adult) will be the caller, and the other will be the performer. The caller must say the word "one" or "two" to the tune of the music; the performer does the moves accordingly.

- ⇒ **On the word "one"**: If the caller says the word "one," the performer has to hop around on one foot and create imaginary patterns on the floor.
- ⇒ **On the word "two"**: If the caller says the word "two," the performer has to hop around on two feet and create imaginary patterns on the floor.

Blog, #5: <https://rockandrolldaycare.com/5-fun-dances-dance-games-teach-young-kids/>

Video Grover from Sesame Street teaches us about our hearts:

<https://youtu.be/A-MsNYggvQg>

Heartbeat song:

<https://youtu.be/kE-RoX6cvRw>

Spanish version heartbeat song:

<https://youtu.be/YibS-af3pLE>



Dance Favorites

- * YMCA: <https://youtu.be/3Wub5r77dkA>
- * Baby Shark: <https://youtu.be/XqZsoesa55w>
- * Can't Stop the Felling! JT: <https://youtu.be/ru0K8uYEZWw>
- * Greg and Steve's hits: Freeze <https://youtu.be/rNHA0kdIKA4>
- * Listen and move: https://youtu.be/j24_xH5uvdA
- * Hot Peas and Butter, Mi Cuerpo: <https://youtu.be/cZ-ewh-FCAE>
- * Bob Marley, Three little Birds: <https://youtu.be/zaGUr6wzyT8>
- * Casper Baby pants, All the fish: <https://youtu.be/gLNvuZ5KCggs>
- * Raffi, Spider on the Floor: <https://youtu.be/iWBkqDhDByY>
- * The Ants go Marching: <https://youtu.be/Pjw2A3QU8Qg>
- * Ella Jenkins, Stop and Go: https://youtu.be/QzVM_TbnlFE
- * They might be Giants, high five: <https://youtu.be/xy3sDhUYjtY>



Dance like Animals

You could use animal flash cards while dancing to music, or call out the names of different animals.

Website for animal activities for mixed age:

<https://www.scholastic.com/teachers/lesson-plans/teaching-content/activity-plan-mixed-ages-do-animal-dance/>

Dance to a animal song:

Greg and Steve, Animal action: https://youtu.be/4aVO_31rNQw

Ocean animal dance ideas

Blog with multiple songs: <https://www.pre-kpages.com/ocean-songs-for-preschool-kids/>

BENEFITS OF INCLUDING MUSIC AND MOVEMENT IN YOUR DAY

Providing music and movement strengthens the following skills:

- Physical development
- Listening
- Social and emotional
- Language and communication
- Creativity

