



Music & Movement!

Not only is dancing fun for children, it also teaches many valuable skills.



Dancing is fun for children, a good form of exercise and teaches many valuable skills. For example, dancing exposes children to different styles of music, provides a means to express oneself and introduces children to new ways to move their bodies. Just as Angelina is constantly plié-ing, pirouetting and jeté-ing with exuberance, your child may find a new creative outlet through the activities listed below.



Do a Ribbon Dance

Have your child hold a towel, blanket, or large scarf. Encourage him or her to wave the scarf around while twisting, turning, and "flying," like a colorful butterfly.

See Real Dancers in Action

Take your child to watch a local dance performance or class. Afterwards, ask your child what he or she liked best about watching the dancers. Can your child imitate some of the moves?



Celebrity Interview

Give your little dancer the star treatment! Put on your reporter's hat and interview the famous dancer for an exclusive article in the *The Mouseland Herald*.

Questions can include:

- What is your favorite dance?
- What is your favorite type of music?

Keep the Beat

Turn on the radio and choose a station (rock, classical, or jazz are fun!) Show your child how to keep the beat by clapping. Turn to a different station. Does the beat change? Let your child try keeping the beat with foot taps, finger snaps and his whole body!

Freeze Dance

Play music and encourage children to dance along. When the music stops, children should freeze in position until the music starts again.

