

Dance

Extend the Moment

1. Make a list of action words before you start
2. Put them in a bowl
3. Pull a different one each time you start a new dance
4. Changeup the music you dance to, speed it up or slow it down.

PBS Resources

- ❖ Learning Memorization Strategies
www.pbs.org/parents/crafts-and-experiments/learning-memorization-strategies-through-dance
- ❖ Daniel Tiger Dance Party
pbskids.org/daniel/games/dance-party
- ❖ Move it Out with Grover
sesamestreetincommunities.org/activities/move-it-out-bundle/





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!

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.



Retro Moves

Invite kids to learn your favorite dance choreography from the past.

- 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.



Find more games and activities at pbskids.org/pinkalicious or thinkpinkalicious.com

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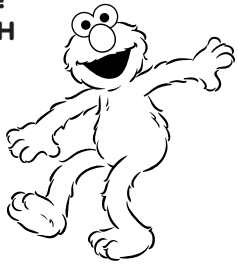
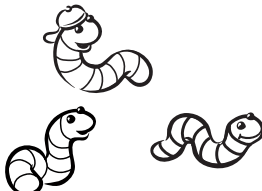
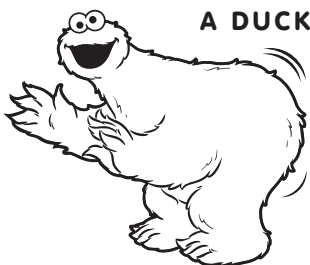

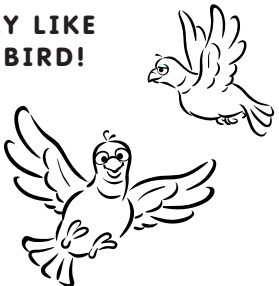










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Move It Out!

Physical movement and exercise can be great ways to care for yourself while caring for your children. Try this movement game with the whole family. Point anywhere on this page (to make it a surprise, close your eyes). Together, try the movement you choose.

<p>JUMP! TOUCH YOUR TOES!</p> 	 <p>WIGGLE LIKE SLIMEY!</p>	<p>WADDLE LIKE A DUCK!</p> 	 <p>DO A SILLY MONKEY DANCE!</p>
<p>FLY LIKE A BIRD!</p> 	 <p>STOMP! STOMP! STOMP!</p>	 <p>JUMP UP! TWIRL AROUND!</p>	 <p>SHAKE, SHAKE, SHAKE YOUR SILLIES OUT!</p>
 <p>PRETEND TO PLAY YOUR FAVORITE SPORT!</p>	 <p>DO FIVE FROG LEAPS!</p>	<p>DANCE FAST!</p> 	 <p>HOP LIKE A BUNNY!</p>
 <p>DANCE LIKE JUMPING BEANS!</p>	 <p>KICK YOUR LEGS!</p>	 <p>STRETCH UP HIGH... TRY TO TOUCH THE SKY!</p>	<p>CLOSE YOUR EYES AND TAKE FIVE DEEP BREATHS.</p> 