



Enjoying Dance

Dancing helps to improve physical development, promotes a healthy body and widens children's experience. They can join in with their own instruments whilst enjoying music from other cultures.



- ① Pick some music from a different culture e.g. samba, reggae. Play some to your child and let them enjoy the rhythm. Give them a drum or tambourine so that they can join in. Encourage them to make up a dance to go with the music.
- ② Organise a dance party. Play some dancing games and use one of the many dance CDs that have been produced for young children. If you decide to have a theme e.g. Asian, Caribbean try to introduce some appropriate foods and clothes.
- ③ Get your child to dance alongside some of their friends and enjoy co-operating with them.
- ④ A good idea is to let your child have a dance to their favourite music just before going to sleep. I am sure they will really enjoy this.
- ⑤ Play some fast and slow music to your child. Encourage them to move at different speeds using all the space available. Remember always choose somewhere safe for dancing.



Please remember to recycle this activity

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Carnival Time

Colour in this picture using bright colours. Use the coloured picture to help you be creative with colours.

