

GET UP AND DANCE

You may have experienced music's ability to boost your mood and help reduce stress, but it's also a fun way to connect with your child! Take a look below for some fun activities for you and your child to enjoy the benefits of music at any age.

Balancing the Book Dance

Materials:

Books, music of your choice

Directions:

1. Turn on some music.
2. You and your child place a book on your head.
3. Dance with book balanced on your head.
4. If the book falls, you catch it and put it back on your head to continue dancing.
5. If someone's book hits the ground, they're out of the game or start over again.



Can you and your child balance the book for a whole song?



WHAT WILL MY CHILD LEARN?

Yoga teaches breathing techniques and balance creates stability, stillness, and co-ordination. It also promotes physical strength as your child is using their muscles in different ways; it develops focus and concentration, and enhances flexibility.

Dancing teaches children rhythm, awareness of different kinds of music and cultures. It promotes balance and creativity, social strength, increases fitness, improves listening and discipline, posture and range of motion. It helps your child learn to focus and pattern recognition, and helps build respect and acceptance.

Freeze Dance – Yoga Edition

You and your child will dance to some music. Someone will stop the music at any time, and you will all have to freeze into a familiar yoga pose. Once the music starts again, you can continue dancing.

