



Dance Party

Explain that you will be working together to create a new dance! Ask a child to suggest a dance move (e.g., a clap). Practice the move together, then encourage someone to add on. Put the first two moves together (e.g., clap then spin). Continue until the class has a sequence of 3 or 4 dance moves. Have a dance party using the sequence of moves and add music when the class is ready! Be mindful of music volume for sensitive listeners.

Encourage Children to Imitate Movement

“Wow, (Child) touched their knee with their opposite arm. Let’s give it a try!”

“You watched (Child) wiggle their hips and you’re doing it too. Should we try putting our hands on our hips like they are?”