



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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