

DANCING ALL DAY



DANCE

EQUIPMENT >>>

- ✓ Music of various styles and rhythms

SET UP >>>

- ✓ Participants brainstorm daily tasks for a few minutes (e.g., brushing teeth, walking the dog, combing hair, folding laundry).
- ✓ The participants share with you these tasks.

ACTIVITY >>>

- ✓ When the music starts, name a task. Participants move to the music while imitating the task.
- ✓ Name other tasks to integrate in a dance sequence.
- ✓ The activity continues until your stop signal.