

DANCING ALL DAY



EQUIPMENT >>>

- ✓ Music of varying tempos and genres

SET UP >>>

- ✓ Participants spend a few minutes brainstorming actions they do in their daily lives. Examples could include brushing their teeth, climbing stairs, combing their hair, folding laundry, etc.
- ✓ Participants share the actions with the activity leader.

ACTIVITY >>>

- ✓ When the music begins, call out an action. Participants move to the beat of the music while incorporating that action.
- ✓ Call out additional actions for participants to include into the dance sequence.
- ✓ The activity continues until the activity leader signals to stop.