

WIGGLY BODIES



DANCE

EQUIPMENT >>>

- ✓ Music of varying tempos and genres

SET UP >>>

- ✓ Participants stand a safe distance apart from each other in the activity area.

ACTIVITY >>>

- ✓ Call out a body part, such as head, elbow, knee, arm, etc.
- ✓ When the music starts, participants move the chosen body part to the beat of the music.
- ✓ With each new body part chosen, explore different themes, such as pathways, levels, speed, and direction.