All About Me Dance  

Setting: Indoors or Outdoors

Source: Oregon State University, Journey to a Healthy Child Care Home, 2010

Tip: Ask children to think quietly about some of their favorite activities – the things that they really like to do. Offer suggestions if needed (play at the park, go swimming, play ball).

Get Ready:
- An open space for kids to move freely
- Music is optional (you can omit music or make your own!)

Get Going:
1. Start out by saying (you may also sing this to your own tune) “my name is [leader’s name] and I like to [state an activity such as play soccer]”.
2. Pretend to play soccer and then say or sing “Won’t you play soccer with me?”
3. Invite all the children to do the movement (play soccer).
4. Call on another child and ask them what they like to do. “My name is Mia and I like ballet [Mia demonstrates ballet]. Won’t you do ballet with me?” [everyone joins in].
5. Keep going until everyone has had a chance to show their “moves.”

Next Time:
- You can make it a memory game by having children repeat the previous child’s name and activity and adding their own. This is especially fun with older children.