## Dancing Body Parts

### Get Ready!

MAKE ROOM indoors or outside so that everyone has personal space.

**TIP:** Play music in the background!

### Instructions:

1. One player will name a body part.
2. Everybody else will begin moving that body part in a creative way until they hear “stop”.
3. Continue calling body parts until the game is over.

### Tips:

- Call more than body part at once.
- Vary movement speed (fast, slow)
- Vary movement patterns (big, small, left, right)

### Family Talking Points:

*Discuss together and write or draw your answers in the space provided.*

How can you move your body to make it as big as possible?

When you were dancing, which body parts started to feel tired?

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For more fun activities visit: [https://extension.oregonstate.edu/bepa](https://extension.oregonstate.edu/bepa)