

We Like to Move It

Equipment Needed:

- ✓ **4 Buckets**
- ✓ **Music and music player**

DIY Equipment:

*Don't have the items needed to play?
Instead use any four large containers
and sing a song!*

Get Ready!

CLEAR a large activity area inside our outside

Instructions:

1. In this activity, you will dance for 5 minutes!
2. Four players will be given a plastic bucket and will create the music using it as a drum.
3. The most important thing is that you keep moving and have fun! We are all unique and have our own style of dancing that is different from the rest!

TIPS:

- Vary the length of time you spend dancing
- Use other items to make music like bells and sticks!
- Make music with your body by clicking, clapping, or snapping.

Family Talking Points:

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

What are some of your favorite dance moves?

Did you get more comfortable the more you danced? Were any of your dance moves inspired by somebody that was dancing with you?