



# Dancing Body Parts



## Get Ready!



### Make room

indoors or outside so that everyone has space to move.

**Choose** one player to act as the activity leader.

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

## Instructions:

1. The player chosen to be the activity leader will name a body part (head, arms, feet). Everyone else will begin moving that body part in a creative way.
2. The activity leader can call out a new body part at any time and then everyone must start moving that body part.
3. When the activity leader says "stop", everyone should stop moving and a new leader can be chosen.

### TIPS:

- Have the leader call out more than one body part at a time.
- Vary the movement speed (fast, slow).
- Vary the movement patterns (big, small, right, left).

## Family Talking Points:

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

1. How can you move your body to make it as big as possible?
  
  
  
  
  
  
  
  
  
  
2. When you were dancing, which body parts started to feel tired?