

SANT NIRANKARI PUBLIC SCHOOL

TILAK NAGAR

AMIT KUMAR

DANCE

- Watch different forms of dances - Classical and Western. Learn a dance on any of your favourite form and make video of the same.



DANCE TEACHER

AMIT KUMAR

1 MONTH DANCE GAME ACTIVITY FOR KIDS.

So, here are our ten dance activities for children

between the age group of 5-8yr



1. Say Ola to Hula!

This is a popular Hawaiian dance tradition that has become a global kids dance game. You will need a hula hoop for this, and we have modified this to fit kids who may not have learnt to hula hoop as yet.

Hula hoop dance



How To:

Play a nice Hawaiian song.

A Bollywood beach song is a good alternative.

Make the kids dance with the hula hoop.

The best hula dancer can claim the throne of the entertainer.

It is not necessary that the kids know how to hula hoop around the waist. It could be around the arm too. They can also use it as a prop and make crazy dance moves.

2. . The Animal Dance

This dance also involves using chits. This game is good for the imagination and knowledge. This makes use of various animal movements and sounds that children very cleverly observe.

How To:

Write the names of different animals on separate chits.

Call-out an animal name from a chat.

Children will have to make the noise of the animal and dance as they perceive the animal to be.

It is best not to interfere and teach them animal movements.

It is quite interesting to see the animal moves they come up with.

Make sure you have a variety of animals that children connect with such as snakes, birds, lion, rabbit etc.

3. The Emoji Dance

Everything is digital these days. If there is one thing that children connect with, its emojis. This game helps them express emotions better too

How To:

Take a print out of popular emoji expressions, such as happy, sad, angry, and amazed.

Make them into large flashcards.

The card you flash is the theme on which they dance.

Play music as per the theme.

Music needs to change along with the expression.

Happy emoji can be on a peppy song; the sad expression will be comical (surprisingly) on a sad song.

Kids will love dancing to such songs that express different emotions.

4. The High Five Dance

Children love high fives. It's one of their favourite mode of expression. It is one cool thing that connects them with other children. A good icebreaker, this dance is a must if you want all the

children to interact.

How To:

Ask children to team up, i.e every child needs one partner, and give each pair some time to prepare.

Each pair comes up to the stage area and faces each other.

They will have to create a dance with claps, high fives, double fives, low fives and snapping

.

This one can even be done without music if required and claps can be used for rhythm.

5. The Paintbrush Dance

The best part is that you don't need a paintbrush for this game. You need to make children imagine that they have a paintbrush on a particular part of the body and they will have to paint the space around them with that body part. This improves their imaginary and cognitive skills.

The Paintbrush Dance

How To:

Write down different parts of the body on separate chits of paper.

For example, you can write down elbows, hands, nose, knee, head, etc.

As the chit is called out, one child will paint the floor and everything around him with that part of the body, that is mentioned in the chit.

The imaginary paintbrush then shifts to the next body part that is called out in another chit.

For example, if the paintbrush is on the elbow, the child will paint around him with the elbow. If it comes to hands, the child will do dance moves using his hands.

✓. Dance along with the kids and keep up with the energy.

These games will make sure that all the children have the best time at the party and also make some new friends.

Enjoy, as they groove to the music.