



First Dance

Handout JS23



How this activity encourages physical movement:

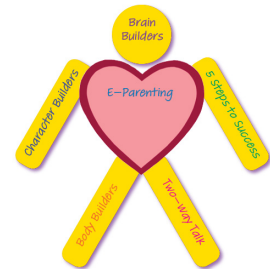
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Which Daily Do I want to focus on practicing:

- _____

When will I use this activity:

- _____
- _____



Who else can do this activity with my child:

- _____

How to do this activity:

1. Watch for cues and signals to see if your child is ready to play and learn. Remember to help your child explore their natural curiosity during the activity.
2. Find a device that plays music and play three different types of music for you and your child to dance to.
3. As you play each song, dance with your child in a different way so that they can experience different types of movement. If your child is still learning to stand, you may hold them as you dance. If your child is old enough to dance on their own, encourage them to try out all kinds of new dance moves.
4. Remember, your child will probably enjoy this activity more if you sing along to the different songs and invite other family members to join you in dancing.