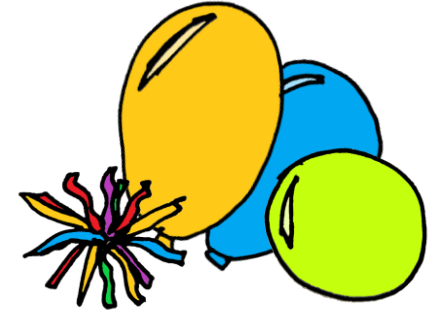


DANCE

SEND
active

STAYING SAFE

- Remain in bubbles for these activities.
- Wash hands before and after doing activities.
- Where possible, individuals should keep the same equipment throughout the activities.
- All equipment should be cleaned and sanitised before and after the activities.
- Physical contact should be avoided where possible.



TOY DANCERS

- Young people travel around an area as their favourite toy.
- They should make shapes, movements and noises that are associated with that toy, whilst the members of staff are “sleeping”.
- As the members of staff awake (with a loud yawn), young people should try to freeze and pose like their toy.



BALLOON PARTY

- Each young person should have a balloon, light ball, or pom-pom.
- Start by playing some suitable music.
- Young people should dance however they wish, whilst juggling their balloon.
- They should try to keep the balloon in the air whilst dancing, for as long as possible.
- Make it more challenging by encouraging the young people to only use certain parts of their body.

DANCE

EMOJI DANCE

- Print some emoji flashcards (we have created some for you on the next few pages).
- Find some appropriate music to match each emoji (see below for ideas).
- When you show an emoji card alongside the matching music young people should create a dance that represents that emotion or theme.

EMOJI MATCHING MUSIC...

Music will inspire different emotions in each individual, and these are simply a few suggestions.



HAPPY

Happy – Pharrell Williams
Hakuna Matata – The Lion King OST



SAD

True Colours – Trolls OST
Do You Want to Build a Snowman? – Frozen OST



SLEEPY / TIRED

A Million Dreams – The Greatest Showman OST
A Dream is a Wish Your Heart... – Cinderella OST



LOVE

Beauty & The Beast – Beauty & The Beast OST
Can You Feel the Love? – The Lion King OST



FEAR

Into the Unknown – Frozen II OST
Oops Got Scared Again – Vampirina (Disney)



EXCITED

Can't Stop the Feeling! – Trolls OST
How Far I'll Go – Moana OST





HAPPY



SAD

Cut or fold here



SLEEPY /
TIRED



LOVE

Cut or fold here



FEAR



EXCITED

Cut or fold here