

Learning together...

Curriculum Area: Expressive Arts

Recommended for: 2 years plus

Learning Activity: Dancing Action Songs

Big Idea:

Dancing to action songs has many benefits to a child's development.

What to do:

Invite your child to listen to these actions songs. The whole family can join in this activity. Try to follow the actions suggested. Have fun!

Freeze dance:

<https://www.youtube.com/watch?v=BzBst8J5Jao>

Stir the Pot: <https://www.youtube.com/watch?v=yw5YkQUDINs>

Benefits:

Dancing action songs promote children's listening skills and the ability to follow directions. At the same time, children have fun and develop body awareness and coordination.

Links to Early Years Learning Framework:

Outcome 3: Children have a strong sense of wellbeing

