

Dance & Music Week Day 1

Equipment

- Paper, pens for making flashcards
- Soft object to pass around (ball, balloon, bean bag, stuffed animal)
- Music player (computer, TV, cell phone, etc.)

Optional for variations: hula hoop, chalk

PEER Music Playlist: <https://www.peer-kidscancercare.com/music-playlists>

About this week

Using music and dance your child will play games that use rhythm, listening skills, proprioception, balance, cross body and core-distal movement. They will also develop physical awareness by exploring different types of movement qualities such as fast/sharp and slow/smooth. Additionally, your child will have the chance to engage in creative, imaginative play.

Modifications

All of the games can be modified by sitting in a chair or on the floor, and movements can be modified to only use certain body parts. For example, all activities can be done by just using arms to move and dance!

Warm up

Take it easy during this stage. The warm up game will prepare your mind and body for the main activities. You should always complete a warm up before doing physical activity!

Follow Along Song

Play music and follow along with the actions you hear in the song! Choose from the list below:

Let's go swimming: <https://www.youtube.com/watch?v=Cg-wnQKRHTs>

The Umbrella: <https://www.youtube.com/watch?v=dKtnSmDADuA>

When I woke up today: https://www.youtube.com/watch?v=mLOkR_IP1w0

Superhero : https://www.youtube.com/watch?v=_8SshkAYFqY

This is how I do it: <https://www.youtube.com/watch?v=22qdlINyKh8>

I've got so much to give : <https://www.youtube.com/watch?v=GHIWev7GwJk>

Main activities

Please try to do the following activities for 20 to 40 minutes. You do not have to complete all the activities and games listed. If your child is engaged in certain activities, you can spend more time on these activities. If you only get through half the activities that is okay. Additionally, these activities and games can be done indoors or outdoors!

Game 1

Movement Cards

Make a set of cards that read: **Jump, Turn, Crouch, Wiggle, Balance**

Read them out to your child like flashcards, have them do each action for 5-10 seconds. Play any kind of music! Go through the set for as long/little as you like, mixing up the order. For example: Jump, Crouch, Jump, Balance, Wiggle, Turn, Jump, Crouch, Wiggle, Balance.

Variation: link a colour with an action (example: jump= red; crouch= green; balance=blue) . Show them a colour and then they need to remember the action

Video Demo Link:

Game 2

Freeze Dance

Play any kind of fast, upbeat music. When the music is playing, everyone is dancing and moving however they like. When the music is paused, everyone has to freeze. Resume playing the music and repeat for the length of a song (3-5 mins)

Variations:

- Pick a pose or challenge for the freezing. Examples: Freeze balancing on one foot , Freeze with your arms in the air, Freeze in an animal pose, Freeze crouched on the ground
- Decide on a spot to freeze. Example: One area of the backyard, Inside a hula hoop, Inside a chalk square.

Game 3

Pass the Object

Pick a passable object (ball, balloon, bean bag, stuffed animal). Choose any kind of music. When the music is playing, pass the object back and forth to your child, or around in a circle if you have multiple movers. Have someone pause the music in surprise to the participants.

Whoever is left holding the object has to do a short exercise, Example: doing 3 jumping jacks or running to a spot and coming back.

Variations:

- Stand farther apart to be able to throw the object instead of gently passing.
- Count as you go to practice numeracy
- ABC as you go to practice sounds and letters. Spread ABC around and the kids need to find the letter in which the balls drop.

Game 4

Story Song & Stretch

While singing the lines to Twinkle Twinkle Little Star, have everyone stretch out really big with arms and legs during each line until the last **bolded** word, when you bring arms and legs into a tight ball. Begin stretching out again on the next line.

*(Stretch)*Twinkle Twinkle Little *(curl up)* **Star**
*(Stretch)*How I wonder what you *(curl up)* **are**
*(Stretch)*Up above the world so *(curl up)* **high**
*(Stretch)*Like a diamond in the *(curl up)* **sky**
*(Stretch)*Twinkle Twinkle Little *(curl up)* **Star**
*(Stretch)*How I wonder what you *(curl up)* **are**

Variation:

- Repeat sitting down or laying on the ground, or on a chair.

Video Demo Link:

Cool down

Light stretching and breathing will return the body to resting state and prevent muscle soreness. Take a few minutes to complete the cool down activity.

Great Wolf Yoga

HAPPY BABY



Lie on your back and hug your knees into your chest. Grab the outer part of your feet with both hands and rock like a happy baby.

STANDING FORWARD BEND



From Mountain Pose, bend your upper body and reach for your toes. Sway your arms gently.

EAGLE



Wrap one leg around the other and bend your knees slightly. Bring your bent arms out in front of you and wrap them together in opposite directions.

BUTTERFLY



From a sitting position, bend your legs together so that the soles of your feet touch together. Place your hands at your heart. Gently flutter your legs.

DOWNWARD FACING DOG



Starting on your hands and knees, press your hands into the ground and straighten your legs as you lift your hips into the air. Relax your head and neck.

DANCING SHIVA



Raise your arms up to your sides, bending them at the elbow. In the air, cross one leg over the other and bend at the knee like you are sitting in a chair.

EXTENDED MOUNTAIN



Stand tall and reach your arms up to the sky meeting your palms together above your head.

UPWARD FACING DOG



Lie on your tummy and press your outstretched legs into the ground. Place your palms flat under your shoulders and draw your shoulder blades together.

WARRIOR THREE



Stand on one leg and extend your other leg behind you. Bend your torso forward and reach both arms out in front of you.

TREE



Standing on one leg, bend the opposite knee and place the sole of your foot on your inner ankle or thigh (never on your knee).

TABLE TOP



Rest comfortably on your hands and knees, with your arms under your shoulders and your knees under your hips. Your back and neck should be in a straight neutral position.

FLOWER



From a sitting position, lift up your legs and weave your arms under your legs so that the soles of your feet touch together.

From: <https://www.greatwolf.com/blog/yoga-poses-for-kids/>

Dance & Music Week Day 2

Equipment

- Selection of props to dance with:
Example: Scarf, Ball, Stuffed animal, Pillow, Hat, Doll, Action Figure.
- Hula Hoop
- Alphabet flashcards. Make your own or use the free printouts from:
<https://www.thesprucecrafts.com/free-printable-alphabet-flash-cards-1356957>

PEER Music Playlist: <https://www.peer-kidscancercare.com/music-playlists>

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Modifications

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Warm up

Take it easy during this stage. The warm up game will prepare your mind and body for the main activities. You should always complete a warm up before doing physical activity!

Follow Along Song

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Game 1

Animal Walks

Pretend to be the various animals and mimic how they walk and move:

Penguin - Feet in first position, arms straight and down at sides hands flipped outward, waddle with tiny steps across the room.

Giraffe - Hands clasped together stretched high overhead for the giraffe neck, face the direction you will travel with one foot forward and skip or gallop forward in the lumbering motion of a giraffe. Switch the front foot halfway across the space.

Ostrich - Hands on hips, elbows pushed back like wings, walking on your tiptoes and picking up your knees high as you walk. Halfway through your walk, jump your legs out wide and bend forward, looking between your legs!

Butterfly - Tiny close steps (ballet bourrés) with arms flapping by sides. Can also start as a caterpillar, wiggling on the ground like an inch-worm, curling into a cocoon and then waking up to stretch and fly!

Crocodile - (Can be done crawling on belly or walking). Crawling, slithering forward opposite hand to knee at different speeds. Take a moment occasionally to stretch hands forward and clap them together like a crocodile jaw.

Elephant - Clasp both hands in front of body and swing them back and forth to create the elephant trunk. Move at different speeds.

Horse - Standing up really straight, try all different kinds of horse walks, prancing (quick steps with high knees), galloping and running

Bear - Hands and feet on the ground with bum high in the air, moving slowly around the room, stopping to eat some berries and sniff the air.

Video Demo Link:

Game 2

Hula Hoop Freeze Dance

Play any kind of fast, upbeat music. When the music is playing, everyone is dancing and moving however they like with a hula hoop. When the music is paused, everyone has to freeze. Resume playing the music and repeat for the length of a song (3-5 mins).

Variations:

- Pick a pose or challenge for the freezing. Examples: Freeze balancing on one foot , Freeze with your arms in the air, Freeze in an animal pose, Freeze crouched on the ground
- Decide on a spot to freeze. Example: One area of the backyard, inside a hula hoop, inside a chalk square.
- Use a different prop! Could be a scarf or stuffed animal.

Game 3

Dancing with Props

Lay out a variety of props from around the house. Examples: Scarf, Ball, Stuffed animal, Pillow, Hat, Doll, Action Figure. Choose a list of songs. During each new song, have your child pick a different prop and use it to dance with.

The props will inspire different types of movement, for example:

Scarf : *Light, airy, flowing movement*

Ball : *Circular, smooth movement*

Stuffed Animal : *someone to dance with, holding in arms, lifting and twirling*

Action figure : *Strong, fast, sharp movement*

You may choose to play only part of a song before switching to another one. Try to pick different types of music with different speeds and tempos.

Video Demo Link:

Game 4

Alphabet Body Shapes

Have your child make the shape of the letters of the alphabet when you call them out, using their whole body either standing up or lying down.

You can use printouts of alphabet flashcards from here: <https://www.thesprucecrafts.com/free-printable-alphabet-flash-cards-1356957>

Variation:

- Spell out short words and have your child create the letter shapes and then move like the object. Example: C - A - T , and moving like a cat!

Cool down

Light stretching and breathing will return the body to resting state and prevent muscle soreness. Take a few minutes to complete the cool down activity.

Sandwich Stretch

Have your child sit with their legs bent, soles of feet touching (butterfly stretch). Ask your child what they would like to put in their “sandwich”. Once they’ve chosen, reach arms in any direction (up, to the side) to “grab” the ingredient before spreading on their feet. Lean forward to take a “bite”, bringing the torso close to feet. Repeat multiple times with different ingredients, reaching arms in different directions each time.

Video Demo Link:

Dance & Music Week Day 3

Equipment

- 6 sided Dice
- Colour flashcards. Make your own or use printouts from here:
<http://www.totcards.com/free-colour-flashcards.html>

PEER Music Playlist: <https://www.peer-kidscancercare.com/music-playlists>

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Game 1

Mirror Game

Stand close to your child, facing them, with your arms in front of you, elbows bent and palms forward. Have your child do the same. Slowly start to move your arms and have your child copy your movements exactly, as if you were a mirror image of each other. Take turns being the leader.



Photo from : <https://sharinwithsharron.wordpress.com/2013/09/12/the-mirror-game/>

Variations:

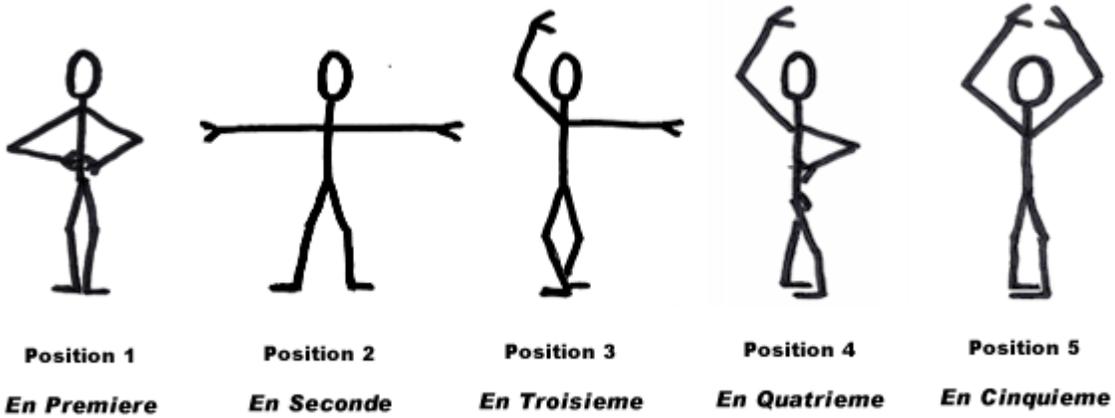
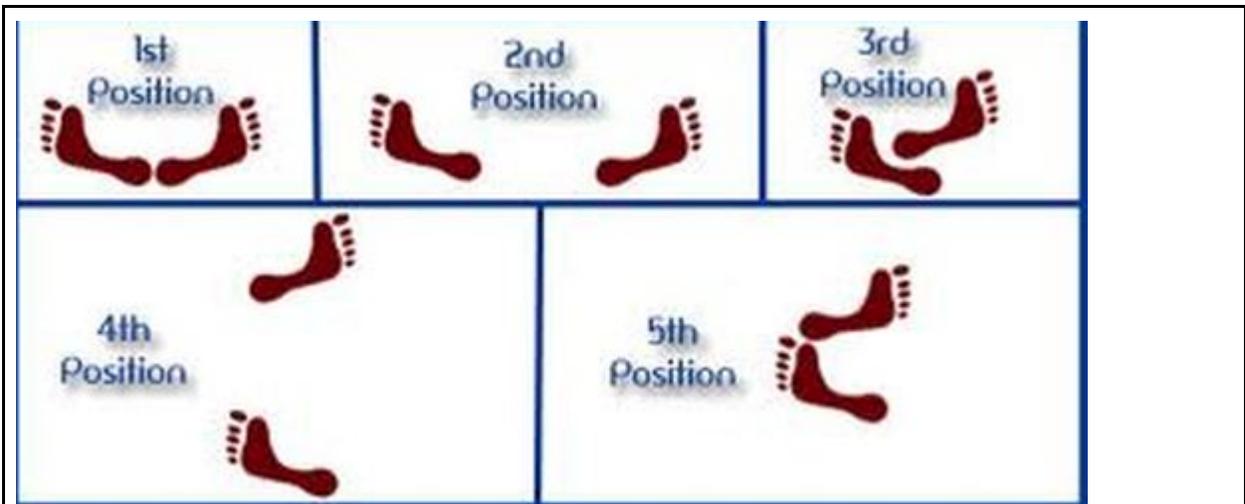
- Move your legs as well as your arms, keeping the same mirror image.
- Move around the space, going slowly, to see if you can still copy exactly while travelling.

Video Demo Link:

Game 2

Dice Game with Ballet Positions

Roll a dice. Whichever number it lands on, go into the ballet position shown in the photos. There are 6 positions. You can do just the feet, just the arms or both together! Repeat until all the numbers have been rolled at least once. **Note: 6th position is standing neutral, feet parallel and arms down by sides.**



Photos from: <http://andressdance.weebly.com/positions-of-feet-and-arms.html>

Game 3

Colour Moves Me

Use the free printable flashcards from : <http://www.totcards.com/free-colour-flashcards.html>
(Or make your own!)



Each colour has a movement assigned to it, so when you choose the colour your child can move along. Spend 5-10 seconds on each colour and then switch to a different one. Repeat in different orders. You can use these assigned movements or make up your own:

Red: Jumping jacks

Orange: Swirl your arms like you are moving through water

Yellow: Poke arms in front of you as if you're popping balloons

Green: Frog jumps, reaching your arms far in front to make big jumps

Blue: Give yourself a hug, crossing arms in front

Purple: Jump side to side, raising arms above head

Black: Run in a circle around yourself, pumping your fists

White: Burpee (jump straight up arms above head, then place hands on ground and jump legs back to plank, repeat)

Pink: Crouch down in a little ball, bringing arms and legs into tight ball

Brown: Kick your legs in front of you with opposite arm reaching in front

Cool down

Light stretching and breathing will return the body to resting state and prevent muscle soreness. Take a few minutes to complete the cool down activity.

Stretching and Mindfulness - ABC Yoga



Photo from : <https://abcnews.go.com/GMA/Family/yoga-kids-simple-abcs/story?id=56027701>

Love it!