

# Let's TALK ABOUT DANCING



## ACTIVITIES

- **Create a new dance** with your child. Dancing helps stimulate their brain.
- **Use your body to make letters.** Can you spell your name?
- **Count together** while you move with your child. Hop like a frog 5 times. Do 10 jumping jacks. Turn around 3 times.
- Turn on your child's favorite song. **Sing and dance together.** Dance as fast as you can and then as slow as you can.
- **Play Follow the Leader** and take turns hopping, twisting and sliding to the beat of the music.
- **Draw pictures** of different people dancing. Ask your child to describe them.



## BOOKS & VIDEOS

### **A Bailar! Let's Dance! (ENG/ESP)**

Marita and her mother are finishing their Saturday chores and anticipating Papi's salsa concert in the park that night, so Mami makes the broom her dance partner to show her daughter how to dance to the music. Soon Marita and her mother are leading a parade of neighbors and friends dancing and singing their way to the concert.

### **Baby Dance**

A rhythmic poem by 19th century poet, Anne Taylor makes a delightful board book perfect for baby and parent to share. Marjorie van Heerden has captured the energy and joy of this playful text in vivid pastel illustrations full of the soft, gentle motion of dance.

### **Hip Hop Lollipop**

Watch as Lollipop grooves her way through her bedtime routine, brushing her teeth to the beat, shimmying into pjs and eventually into her dreams. Susan Montanari and Caldecott Honor winner Brian Pinkney offer a playful bedtime read-aloud that perfectly captures the joy of music, movement and family.

### **Dancing in Thatha's Footsteps**

On Sundays, Varun has his karate lesson, and his sister, Varsha heads to dance school. One weekend, Varun reluctantly accompanies his sister to her lesson, peeks into the classroom, and almost immediately, is fascinated by the rhythm and grace of bharatanatyam, a dance from India. Varun tries a few moves at home in secret because...well, boys don't dance, do they? Will his grandfather be able to convince Varun to dance in his footsteps?

### **Sesame Street: What is Dance?**

Children explain what dance is and what it means to them.

### **Sesame Street: Elmo Has a Freeze Dance Party!**

Join Elmo, Ernie and Abby for a freeze dance party.

### **Sesame Street: The Elmo Slide**

Join Elmo as he teaches a dance to friends from all over the world.

### **Sesame Street: Dancing is Easy**

Jason Derulo and Sesame Street friends share their favorite things about dancing and make up some moves together.

