

Activity Idea

Dance and Paint

Recommended for Ages 3-12

Let's get grooving, moving and dancing!

Music exploration, along with movement, can promote motor, emotional and cognitive development in children. Enthuse children of all ages by adding a painting element.

Materials needed:

Recycled cardboard box with lid	Washable or acrylic paint
Blank paper	Tape
Small objects like pompoms or bottle caps	Device to stream music

Instructions:

1. Start by lining the base of your box with paper. Cut the paper down to size if necessary.
2. Place small objects into the box. Squeeze a dime size amount of paint onto the paper. Option to choose your favorite color.
3. Tape the box shut. Place a piece of tape onto any openings so paint will not leak out.
4. Choose a song to dance to. A list of suggested titles with moderate to fast tempo can be found below.
5. Hold on tight to the box and dance when the music begins. Have fun and dance like no one is looking!
6. At the end of the song, open your box to discover your very own groovy masterpiece.
7. Add additional objects and paint colors to create a multicolored masterpiece!

Suggested track list:

"Shake My Sillies Out" by Raffi	"The Shimmie Shake" by The Wiggles
"Silly Dance Contest" by Jim Gill	"Oogie Woogie Boogie" by Joanie Bartels
"Stand Up, Sit Down" by Patty Shukla	"Hot Potato" by Randy Crenshaw
"Super Silly Tango" by Mr. Eric & Mr. Michael	"La Bamba" by Tricia Sebastian
"Get Up and Go Go" by The Fresh Beat Band	"Better When I'm Dancin'" by Meghan Trainor
"The Alphabet Boogie" by Cathy Fink	"The Twist" by Craig Toungate
"Ants In Your Pants" by Rosenshontz	"Blame It on the Boogie" by The Jacksons
"Peanut Butter and JAM" by Charity Kahn	"Splish Splash" by Bobby Darin