



We Like to Move It



Equipment Needed

- ✓ 4 buckets
- ✓ Music and music player

TIP: *Don't have the items needed to play? Use any household object that is safe to make music with, such as cups, sticks, or bells, and sing a song!*

Get Ready!

Make room indoors or outside so that everyone has enough personal space.

Instructions:

1. During this activity, you will dance for 5 minutes!
2. Four players will be given a plastic bucket (or other object) and will create music with it!
3. The most important thing is that you keep moving and have fun! We are all unique and have our own style of dancing that is different from the rest!

TIPS:

- Vary the length of time you spend dancing
- Include additional objects to make music with
- Make music with your body by clapping, clicking, or snapping

Family Talking Points:

Discuss together and write or draw your answers in the space provided.

1. What are some of your favorite dance moves?

2. Did you get more comfortable the more you danced? Were any of your dance moves inspired by somebody that was dancing with you?