

Move to Music



STEP 1: Talk through the activity. Tell kids to dance/move when they hear music in whatever way that musical style makes them feel. Tell them to freeze when the music stops. They will hear a number of different snippets of music and the styles of these snippets will change, and so they will be inspired to move in different ways. Remind kids that this is a nonverbal activity — no comments about how others are moving allowed. Also remind them that movement has to be safe and appropriate. Setting personal space boundaries can prevent physical mishaps.

Audio: tinyurl.com/c7au8358

STEP 2: Now, spread out and turn on the audio. Have fun and model the activity by doing it with the kids. You can also consider adding a mirror game — with one kid in the center doing a dance. Have the others — and yourself! — aim to mimic that.

STEP 3: Talk about what everyone discovered. Which music did they enjoy the most? The least? What emotions did the music inspire?

