



Dance It Out

Let's Get Moving!

Goal: Give everyone a chance to get moving and refocus their energy.

[Tip]: Have your child match their movements to various sounds and types of music. You may want to choose songs that have a strong beat.

Why is this important? Dancing is a fun way to develop spatial and body awareness and it can be a great way to help your child shift their attention and energy between activities. Dancing also lowers stress levels and encourages creativity and self-expression.

References: Lorenzo-Lasa, R., Ideishi, R. I., & Ideishi, S. K. (2007). Facilitating preschool learning and movement through dance. *Early Childhood Education Journal*, 35(1), 25–31.

Quiroga Murcia, C., Kreutz, G., Clift, S., & Bongard, S. (2010). Shall we dance? An exploration of the perceived benefits of dancing on well-being. *Arts & Health*, 2(2), 149-163.