Infants: Movement & Dance

Key Concepts & Ideas:
- Practice moving your bodies in different ways.
- Move your body to music.
- Hear vocabulary such as fast, slow, feet, head, legs, wiggle, bounce, etc.

Simple Obstacle Course:
- Build an obstacle course for your child to crawl and climb over. Use items you have around the house such as couch cushions and throw pillows.
- Encourage your child to move through the obstacle course. You may put balls or other favorite toys throughout the course to encourage your child to climb towards them.
- If you’re feeling adventurous, climb over the course yourself with your child!

This Old Man:
- Watch our music teacher, Ms. Allison, sing This Old Man: https://www.youtube.com/watch?v=zYroTFT_AD&list=PLsoDKUwwLnmlF_CW_PSDGe_4bS9W4j59 &index=1
- Focus specifically on the movements she does along with the song.
- Encourage your child to imitate some of the movements while you sing. The rolling of the hands might be especially fun for them!
- See what other songs you can think of with moves that go along with them.
| Careful Looking of Artwork: | • Carefully look at *Nine Female Dancers Rehearsing*, ca. 1936 by Christina Malman. [https://collection.cooperhewitt.org/objects/18432329/](https://collection.cooperhewitt.org/objects/18432329/)  
• Discuss what you see. Focus on aspects that make you think these dancers might be moving.  
• Point out how the different dancers are positioning their bodies.  
• See if you and your child can recreate any of these positions.  
• Put on music and see if you can move your bodies in ways similar to the dancers in this painting. |
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| Mirror Dance Party: | • Place your child in front of a large mirror.  
• Put on some of their favorite music and encourage them to show off their best dance moves!  
• Encourage your child to watch themselves as they dance, and narrate what you see them doing.  
  o Notice how they move their bodies.  
  o See how their movements change when you change the music.  
  o Notice how their facial expression changes and discuss how they might be feeling while they move and dance. |
<table>
<thead>
<tr>
<th>Parachute Party:</th>
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<tr>
<td>• Put a parachute or large sheet on the floor and sit down with your child.</td>
<td>• Encourage your child to grab an edge and help you lift the</td>
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<tr>
<td>• Encourage your child to grab an edge and help you lift the parachute up and</td>
<td>parachute up and down.</td>
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<td>down.</td>
<td>• Turn the parachute into a tent or a tunnel for your child to</td>
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<td>• Turn the parachute into a tent or a tunnel for your child to crawl under.</td>
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