




SEEC

A LEARNING COMMUNITY

Resources for families with
young children.

Infants: Movement & Dance

Key Concepts & Ideas:	<ul style="list-style-type: none">• 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:	<ul style="list-style-type: none">• 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:	<ul style="list-style-type: none">• Watch our music teacher, Ms. Allison, sing <i>This Old Man</i>: https://www.youtube.com/watch?v=zYroTft_ADM&list=PLsoDKUwwLnmlfCW_PSdGe_4bS9W4jl59_&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. 



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Careful Looking of Artwork:

- Carefully look at *Nine Female Dancers Rehearsing*, ca. 1936 by Christina Malman.
<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.

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.

- Notice how they move their bodies.
- See how their movements change when you change the music.
- Notice how their facial expression changes and discuss how they might be feeling while they move and dance.



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Parachute Party:

- Put a parachute or large sheet on the floor and sit down with your child.
- Encourage your child to grab an edge and help you lift the parachute up and down.
- Turn the parachute into a tent or a tunnel for your child to crawl under.

