Join us in some games that will get you up and moving all around the house!

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Music and Movement go hand in hand. Try some of these fun activities to do both!

**Freeze Dance:** Turn on your favorite songs and start dancing. When the "DJ" stops the music, strike a pose! Silliest pose wins!

**Adaptation:** Using musical instruments, play along with the music. When the music stops, freeze your instrument!

**Even more fun:** Instead of “freezing” the music, the DJ calls out different animals, or dance moves. Dancers interpret that animal or move into their dancing!

**Rhythm Patterns:** Partner up. The first person uses their body to make a rhythm of sounds (stomps, claps, pats, etc.). The partner then tries to copy that pattern. When they match, switch who creates the pattern!

**Adaptation:** Try mirroring with dance moves. Turn on a fun dance song, and take turns being the leader. The leader decides the dance move, and everyone follows!

**Put on a show:** Choreograph a dance to your favorite song, or reenact a scene from your favorite musical show! Dress up and perform it for your family!