

Host a nursery 'International Dance Day'

Encourage children to move creatively to music and develop spatial awareness for International Dance Day. It takes place every year on 29 April.

Learning aims

- Move creatively to music
- Control and coordinate body movements
- Develop spatial awareness
- Support language development.

Resources

- Outdoor space for children to move
- Animal card prompts (optional)
- Ribbon sticks/ribbon rings
- Scarves
- Hoops/bells
- Music
- Drinking water.



Activity Outline

1. Discuss International Dance Day with the children and how people are celebrating by taking part in dance activities. Ask the children about any dance classes they may go to and encourage them to share some of their favourite dance moves
2. Take the children and resources outdoors and encourage them to find a space
3. As a warm-up exercise, you can either use some images of animals or verbally ask them to move like the animal. For example, slither like a snake, wriggle like a worm, hop like a bunny, trot like a horse, fly like a butterfly, waddle like a duck, stomp like a dinosaur
4. Once the children are warmed-up ask them to choose one of the resources you have gathered (from the list above). Encourage them to explore the movements they can make with their chosen resource. For example, twirling, twisting, spinning, rolling, skipping, bouncing
5. Put on some music (if possible, use a range of music from around the world, supporting different dance styles) and encourage the children to move and dance to the music
6. Once the activity is over complete some cool-down exercises together and encourage the children to drink some water.

Extending the activity

Share your International Dance Day activities with the International Theatre Institute to be added to their online map of celebrations around the world, email info@iti-worldwide.org

Introduce Disco Fridays! Who doesn't love Fridays? So why not celebrate? Disco Friday involves dimming the lights (add a disco ball if possible), a combination of your favourite tracks and dancing, jumping or spinning for as long as possible. There are no rules, you could include all types of floor movements, spinning on our bottoms, hanging upside down or copying each other.

Special considerations

Ensure you have a safe space, with room for children to move freely

Always check your outdoor spaces for risks prior to children accessing them