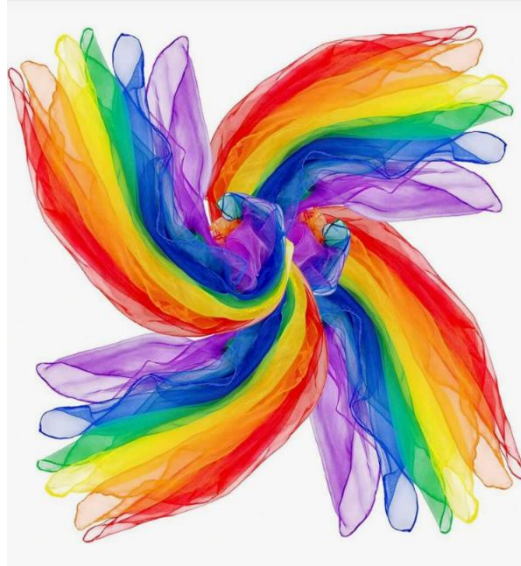


Dance Party Activity

What you will need:

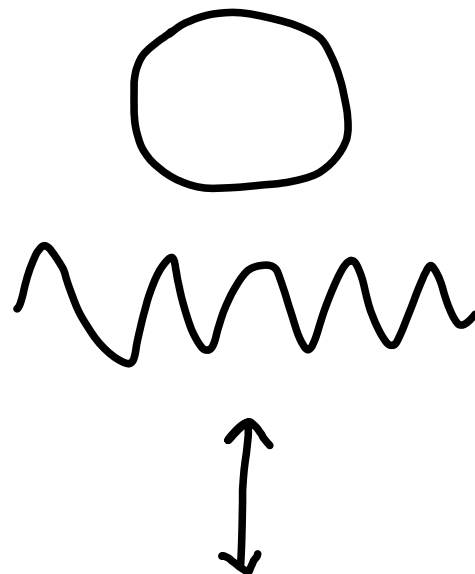
- You
- Your child
- The whole family can also join in
- Somewhere to dance
- Chiffon scarf
- Music



Method:

1. Use a space for dancing and set up your play list
2. Start your selected song
3. Use your chiffon scarf and go through the following:

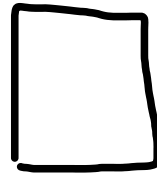
- Circle movements
- Waves
- Move your scarf up and down, then side to side



- Triangle shape



- Square movement



- Swish toward and away the body



- Throw chiffon into the air and watch it float down



4. Repeat the above along to beat of your music

Benefits:

- Moving your body can release endorphins
- Encourages physical activity
- Promotes self-regulation and can decrease anxiety
- Helps with sensory regulation
- Can help to manage overwhelm feelings
- Have fun spending time as a family

