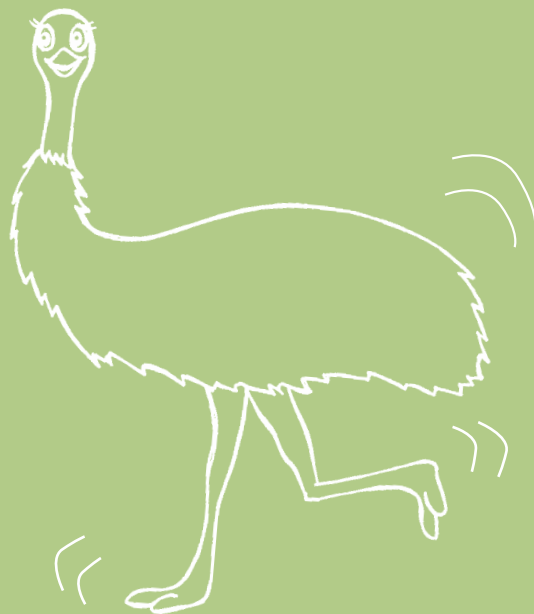


ARTPLAY AT HOME



Dance for babies

BY SALLY CHANCE



Play with your baby to choreograph a dance



Instructions

Choose from the following ideas below or try them all:

- To music, combine a series of movements (turn, swing, fly) holding your baby close.
- Play a dancing and singing game of “away and towards” using Twinkle Twinkle Little Star; place your baby on a cushion or doona and twinkle your fingers up and away, then down and towards them, finishing with a tickle.
- Play a dancing game of moving a little away from your baby then travelling back to them with a cuddle.
- Make shapes together - baby highest, down low, near and far.
- Allow your baby to lead the action. Copy their movements and sounds to let them know that you’re really noticing them and how they feel. Give them time to notice that you’re matching their actions and enjoy this together. It’s a game!
- Lift and lower a gorgeous piece of floaty fabric over your baby or hang it on the line and hold your baby and move through - great on a windy day.

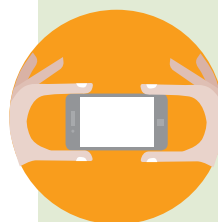
You will need

- Device to play music
- Space to move

Performance

Choose a few of your favourite moves and practice them with music. Then call a family member over to watch the show or perform for yourself.

Take a photo of your favourite move as a souvenir.



Share photos of your work on the ArtPlay Facebook page or on Instagram - tag us @artplaykids and hashtag #artplayathome

www.melbourne.vic.gov.au/artplay