Title: Dancing
Recommended For: 3-4 Year Olds

Objectives:

<table>
<thead>
<tr>
<th>Children</th>
<th>Adults</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Self expression</td>
<td>• Self expression</td>
</tr>
<tr>
<td>• Gross motor</td>
<td>• Gross motor</td>
</tr>
<tr>
<td>• Range of motion</td>
<td>• Range of motion</td>
</tr>
<tr>
<td>• Positive mood</td>
<td>• Positive mood</td>
</tr>
<tr>
<td>• Initiates interaction</td>
<td></td>
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</tbody>
</table>

Materials Needed (Per Pair)

<table>
<thead>
<tr>
<th>Children</th>
<th>Adults</th>
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<tbody>
<tr>
<td>• Instrument</td>
<td>• Costumes in child &amp; adult sizes</td>
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<tr>
<td>• Recorded music and a way to play the music (for entire group)</td>
<td>and/or props such as scarves or hats</td>
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Methods:

Facilitator Preparation

1. Arrange chairs in a circle around the room. If there are different chairs for adults and children arrange them in an alternating pattern.
2. Have costume materials and instruments out.

Intergenerational Participants

1. Discuss different kinds of dance and different instruments.
2. Allow IG pairs to pick out various articles for their costume and instruments.
3. Play music.
4. Dance.

Special Considerations

• Be mindful that some participants may not be able to get up and move about easily. Have IG partners help them with their costume and give them instruments that they can use while remaining seated.
Getting To Know You
• Have you ever danced before? Where did you learn to dance?
• Have you ever played a musical instrument? What kind was it? Did you enjoy it?
• What do you like about dancing?
• Why do people dance?
• What do you wear when you dance?
• Do your dances have names? What are they?

Encouraging Interaction
• Can you bring ___ that hat?
• Can you show ___ how to use that instrument?
• Can you and ____ dance together?
• Can you tell ____ what you like about dancing?
• How might you dance to show you are happy? What if you wanted to show you are sad? Angry?

Extension Opportunities
• Bring in other props
• Dancing with respect to different cultures (ex. Scarves, dragon cut outs)
• Make your own instruments to use