

Tissue Dance

Dance like nobody is watching! Here's an activity that's sure to get our bodies moving, all you and your child need is a tissue and some music. Give it a try!

Recommended for all ages (See adaptations below for younger children).

This activity can be done on your own or as a game with other family members

Materials needed:

- A tissue
- Music

Instructions:

1. Have everyone put a tissue on their head before you play any music.
2. Then start the music and begin dancing, but don't let the tissue hit the ground.
3. If you are trying this activity on your own, see if you can dance to a whole song before the tissue falls.
4. If you are playing as a family and the tissue starts to fall, you can put it back on your head. However, if you miss and the tissue lands on the floor, you are out!
5. Last one with a tissue on their head wins!

Adaptations for babies and toddlers

The movement element of this activity is the most important part. Having music playing, dancing and encouraging children to move is the key. For young children, clapping hands to the beat or making different musical sounds is a sure way to get them moving.

Remember, dance like nobody is watching!