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# Physical Activity Take Home Kit English - Module 6

UNM Prevention Research Center

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**To:** Head Start Families:

**Did you know?** Children whose parents are active are more likely to be active themselves. One of the best ways you can encourage activity is to turn on some music and dance! Young children love expressing themselves through music. Unplug the TV, and turn on some music. Watch your child wiggle, giggle and shake with delight. Even better, why not join in!

Physical activity for children should be fun, safe and suited their age and skill level. Dancing is a great activity for all ages and skill levels.



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# ACTIVE PLAY... EVERY DAY!



## Dancing Safely...

Clear a space where children can dance freely.

Remove things that might be dangerous — Look out for sharp corners on furniture, and uneven or slippery surfaces.



## Scarf Dance...



Tie a knot in one end of several scarves or pieces of material.

Hold one knot in each hand and wave the scarves while your favorite song is playing.

Make up a single scarf dance to go with the music and show it to the rest of the family.



## Silent Dance...



Turn on some soft music and move around without making a sound.

Everyone who makes a noise must freeze in place until the leader stops the music.



## Free Dance...

Turn on your favorite music and dance, dance, dance!

# DANCE!

