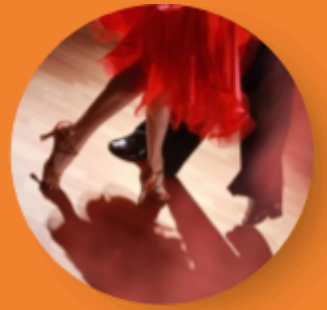


Dance Cards!

Active | Dance



ConnectABILITY.ca

WHAT MAKES IT MEANINGFUL

Exercise is very important for both mental and physical health, and this unique dancing activity provides an opportunity to not only

In this activity, we will combine arts and crafts and dance. We will make cards that have either animals or objects on them. The cards will be used to practice your awesome dance moves. You can play with many other individuals or just yourself. To play flip a card and make a dance move that relates to the animals or object shown, get as creative as possible!

TIME

- Should take at least 10 minutes
 - Can go as long as you wish

MATERIALS

- Cue cards, paper or whatever you have around the house (\$2-5)
- Pencil crayons or markers (\$5-10)

INSTRUCTIONS

1. Cut your paper to the ideal size for you, we recommend 3inchx5inch, so the drawing and writing is easily seen.
2. Start drawing animals and objects that have interesting shapes and actions to give more opportunity for creative dance moves
 - a. Some ideas to get you started
 - i. Animals: Snake, elephant, chicken, giraffe, etc



Dance Cards!

- ii. Objects: Balloon, boiling water, wind, rain, etc
 - iii. You can also do occupations and emotions
- 3. If you're doing it by yourself, flip a card over and think of a dance move. If you're playing with a group, you could do a charades version or everyone does the same card to see what moves others do.

RESOURCES

- <https://carleyjane.com/preschool-dance-activities/>

SUPPORTS NEEDED

- If the individual is visually impaired, reading the card out loud may be necessary, or if an individual needs an explanation on what the card means.

OTHER THINGS TO NOTE

- This activity is accessible to all individuals even those who have less mobility and may be in a wheelchair, the movements can be done to the best of their ability.