Dance Party!

Sing or play your favorite song with motions. Do the Hokey-Pokey, Head, Shoulders, Knees and Toes, the Cha-Cha Slide, Hammer and Saw (by Jim Gill) or whatever your child's favorite song is at the moment.

What this is teaching:

Your child will be enhancing fine and gross motor skills, coordination, memorization and getting good exercise (for parents, too!)