

Dance Party Time

MUSIC RHYTHM | Ages 12-24 months | 15 minutes

About This Activity

Play music and dance together to develop rhythm, coordination, and joyful movement.

Materials Needed

- music player

Step-by-Step Instructions

Put on upbeat, child-friendly music. Dance with your child! Wave arms, spin around, march, jump (with support). Model movements and let child copy you. This builds coordination, rhythm, and bonding. It's also great for burning energy! 10-15 minutes.

Developmental Benefits

GROSS MOTOR, AUDITORY, SOCIAL EMOTIONAL