



Family Literacy Week
January 21 - 28, 2024

Let's have a family party!

Toddlers

Let's dance!

Freeze dance

1. Gather the players in a big room. Move furniture aside to make space if needed.
2. Have the radio or music player ready with an appropriate station or music selection. Choose music with a strong rhythm.
3. In this activity, everyone dances as the music plays.
4. When the music stops, each player must freeze immediately and hold that position until the music begins again (3 - 4 seconds).

More ways to have fun with music:

- Have fun with finger play and songs with motions, such as "The Itsy, Bitsy Spider" or "If You're Happy and You Know It, Clap Your Hands."
- Add ribbons and scarves. Children can hold them in their hands and move with them. When children play and dance with them, they learn about movement.
- Songs can help your toddler remember what they are learning. Use songs to teach concepts such as the names of body parts ("Head, Shoulders, Knees, and Toes") or numbers ("One, Two, Buckle My Shoe"). You can also use simple, familiar tunes and make up your own songs about other things that are interesting to your toddler.

Dancing helps children:

- learn about body movements and travelling motions (walking, sliding, moving up and down).
- build muscles and develop spatial awareness.
- develop listening, understanding and attention skills.
- enhance their vocabulary, communication and memory through singing.



"Every day brings a chance for you to draw in a breath, kick off your shoes and dance!"

– Oprah Winfrey