

Home Activity Card



Dance Freeze

Gross motor development helps children to perform everyday functions. Children use their gross motor skills when running, jumping, playing, catching, throwing, and more. How can we help our children develop their gross motor skills? Grab your phone or turn on the radio and get dancing! Take pictures of your fun and share it with us using the hashtag #grow2gether

Children are busybodies and cannot sit still for very long. Encouraging big body movement in different fun and appropriate ways encourages development of the gross motor skills that help children to gain strength and confidence in their bodies. Mastering these skills during our early years sets a foundation for exercise and physical activity that lead to a healthy lifestyle throughout our lives.

An easy and fun way to encourage big body movement is through dance! Grab your phone or a radio and invite your child to play Dance Freeze. Explain that when the music is on, you all are going to dance, jump, and move. When the music stops, you must freeze, stop what you are doing and stay as still as possible! Take turns having fun and exploring big body movement through music dance together.

Learning on the Go!

- Going on a car ride? Encourage your child dance in their seat using their arms and bodies when their favorite song come on.
- While playing outside have your child move their bodies in different ways. Try different movements skipping, hopping, moving like different animals.



Share with us! We would love to see how you did this activity. Use the hashtag #grow2gether so we can find it!



#grow2gether

