



Feel Like Dancing?

It is possible to teach basic skills to children without love, but to make a true impact in a child's life, there needs to be love attached to the experience. Love allows an opportunity to explore different ways for children and their families to authentically connect. Love offers patience, understanding and support, which are important and needed in the overall development of the child.

Love is contagious and naturally feels good causing various gestures such as smiling, laughter, singing and dancing especially when family, friends and others we love are around. Choose one of your child's favorite songs and make up actions or dance moves you can do together. Follow the lead of the child by allowing him or her to choose the action and dance moves. You can add some moves as well. Just have a great time and absorb the opportunity of simply spending intentional, quality time with someone you love. Ultimately, being joyful, encouraging, and happy helps us show and accept love.

Learning on the Go!

- In the store? Hear any music? If so, stop...create a dance move and do a quick dance together.
- Watching a show or commercial on TV? If so, dance to a song your child responds to
- In the car? Turn on some music and do a cool head nod or shoulder move with your child.



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

