Dance Party Choice Board

**Directions:** Choose a song and use one of the following to get your body moving!

- **Join the ballet:** Dress up in your fanciest clothes and become a ballerina on the stage.
- **Robot dance:** Turn into a mechanical robot and see who can do the most realistic robot moves!
- **Spotlight dance:** Grab a flashlight and take turns dancing in the spotlight.
- **Dance like a superhero:** What kind of superpowers do you have? Incorporate your superpower into your dancing.
- **Jump to the beat:** Put on some upbeat music and see who can do the most jumping jacks (or jumps) for the duration of the song. The winner chooses the next move!
- **Animal dance:** Turn on some lively instrumental music and turn into your favorite animal on the dance floor!
- **Scarf or ribbon dance:** Grab some scarves, ribbons, or long pieces of fabric and dance to the music using your materials as a prop.
- **Slow motion dance:** Dance as slowly as you can while still moving your body for the entire song.