

DO THIS AT HOME
On the Dance Floor



Use this activity at home to provide your child with an opportunity to expend energy.

Materials Needed

music
music player

What to Do

- ▶ Invite your child to join you in a large, open space and explain that when she hears music, she should dance. As soon as the music stops, she should “freeze,” and stay in that position until the music starts up again.
- ▶ Acknowledge and encourage your child’s effort: “Julia, you are trying so hard to hold your knee in the air!” Be silly and encourage your child to have a good time!

*You can download this activity and the other at-home activities in this book at www.centerforresilientchildren.org/SSES.