



Short Activity
Ages 0–3
10 minutes

Zoomba

Description

Play music as kids and their caregivers try to mimic animals in motion

Space Considerations

Indoor or outdoor space where you can play music and participants have enough space to move around

Competencies

- Body awareness
- Following directions
- Rhythm and music appreciation
- Sensory motor skills
- Understanding and appreciation of animals

Materials

- Any device to play music
- Any dance music of your choosing, or you can [download our MP3](#) which is 10 minutes of copyright-free dance music

Implementation

1. Introduce the activity by telling parents and caregivers that they will be dancing with their children. Babies can be held and swayed along to the music, and kids who are able to can dance on their own.
2. Tell participants that you will call out different “Zoomba” dances as the music is playing. Participants may decide what that action looks like as they dance around the room. Staff can also demonstrate these actions as well as describing them (e.g. “hold your hands on top of your head like bunny ears while you take little tiny hops!”). Here is a sample list of actions that you can call out, with example actions (*remember*: you can encourage participants to decide on actions themselves for added creativity):

- *Bunny hop*: Gently hop around the room with your hands on top of your head like bunny ears
 - *Penguin shuffle*: Short, quick, waddling steps with hands by your side
 - *Elephant stomp*: Heavy and large steps
 - *Seal clap*: Side-to-side shuffling movements and clapping hands
 - *Gorilla thump*: Making yourself large and thumping your chest with your hands while you lean forward
 - *Alligator chomp*: Clapping your extended hands up and down as you slowly move
 - *Swimming shark*: Place a hand on top of your head to act as a fin and stealthy move around the room
3. It is recommended to alternate the actions you call out every 10 seconds to 1 minute, and you can repeat certain actions as many times as desired.
 4. For an added challenge, alternate slow and fast music and participants can attempt to match the speed of their actions with the music.
 5. You may also consider adding a freeze element, where you pause the music every so often and shout out the command "Freeze!"—participants will have to freeze in whatever position they are in until you resume the music. This may give them a much needed rest!

Accessibility Considerations

- Call out actions or demonstrate modifications to actions that are wheelchair-friendly—for example, seal clapping, gorilla thumping and alligator chomping can all be done seated. Gently moving side-to-side or slapping your hands onto a surface instead of your feet can also be used as modifications.
- Instead of dancing, encourage kids to make the relevant animal sounds that you call out along with the beat of the music—for example, bark like a dog, meow like a cat, etc.

Book Suggestions

Hide-and-Seek: A First Book of Position Words by R.D. Ornot

I Will Dance by Nancy Bo Flood

A Potato on a Bike by Elise Gravel

Rad by Anne Bustard

Yoga Baby by Amy Hovey