

Starcatchers' #WeeInspirations

Have some fun, save your sanity

DANCING CHEEK TO CHEEK

THE BASIC IDEA

Next time you're having a kitchen disco, say "Dancing cheek to cheek!" then dance with your cheek against theirs as you count to 8. Vary the shapes and moves you make by naming different body parts - "dancing knee to shoulder" anyone?

OVER TO YOU, WEE ONE

Ask "which body parts we should dance with next?" and let your wee one decide - they may tell you with words, pointing or gesturing. Give lots of feedback: "that's your head, shall we dance head to head?" naming body parts and showing you're paying attention to what they're telling you.

CHEEKY BONUSES

- Develops body confidence and sense of self
- Develops vocabulary and communication
- Numeracy, counting and rhythm
- Dancing together is a great way to burn off energy AND boost your mood

VARIATIONS

- If there's a few of you, you can work in pairs or try to link ALL your bodies together
- Count in twos, fives etc to help older siblings with different aspects of numeracy
- Pretend you're stuck together - hilarious!

AND REMEMBER...

If you're worried about the game getting a bit too rough, try playing some slower music and focus on gentle touch, giving LOTS of praise when your wee one is gentle.

