Choice Board: Dance

Family engagement activities for students with disabilities and multilingual learners

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| **Choose Your Family Arts Adventure!** | | |
| **[It’s a Sidekick “play” date with Scurry](https://www.trustysidekick.org/scurry)**  Did you know a group of squirrels is called a SCURRY? This show features three friends who are squirrels at heart. Includes video, family activities and a dance lesson!  AGES 2+ | [**New Victory Arts Break - Let’s Move!**](https://newvictory.org/new-victory-arts-break-just-move-week/)  You could love to dance or not have a clue—these activities are designed to help you explore dance and movement as a family in fun, approachable ways. Let’s get started!  AGES 4-14 | **[¡Crea buena energía con GoNoodle ahora en español!](https://www.gonoodle.com/good-energy-at-home-kids-games-and-videos/)** [**GoNoodle: Good Energy at Home**](https://www.gonoodle.com/good-energy-at-home-kids-games-and-videos/) A free online resource that provides tons of ways for kids and families to be active, stay mindful, and keep on learning! AGES 3+ |
| [**Everyday Arts for Special Education Activities**](https://9a6b5e9d-07b5-4c20-9d08-28659da4ee2e.filesusr.com/ugd/b31e2c_83656e2b8cff4d0b838a194a245456a6.pdf)  Activities to inspire learning through exploration, imagination, and collaboration from Urban Arts Partnership.  AGES 3-11 | [**Five(ish) Minute Dance Lessons**](https://www.kennedy-center.org/education/resources-for-educators/classroom-resources/media-and-interactives/media/dance/five-ish-minute-dance-lessons/fiveish-minute-dance-lessons/)  From the African Dinhe, to the East Coast Swing, Charleston, Salsa or Cha Cha Cha, The Kennedy Center’s got you covered.  AGES 5+ | [**KIDZ BOP Dance Along Videos**](https://www.youtube.com/playlist?list=PLMr-d2PLsO95ydptpBnsxdQNSKc9iUNU0)  Have a KIDZ BOP Dance Party in your living room to get the wiggles out! KIDZ BOP Dance Along videos are the best way to incorporate music + movement into your daily routine.  AGES 4+ |
| [**Dance Tutorial for "This is Me" from The Greatest Showman**](http://www.bbbpress.com/2020/03/remote-drama-activity-dance-tutorial-greatest-showman/)  Step-by-step choreography video by the awesome people at 567 Broadway.  AGES 6+ | [**P.E with Joe**](https://www.youtube.com/playlist?list=PLyCLoPd4VxBvQafyve889qVcPxYEjdSTl)  Joe of [The Body Coach TV YouTube channel](https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ) usually films rigorous workouts for adults, but now he's also creating daily workouts for kids in his new segment, "[P.E with Joe](https://www.youtube.com/playlist?list=PLyCLoPd4VxBvQafyve889qVcPxYEjdSTl)."  AGES 6+ | [**Just Dance**](https://www.youtube.com/playlist?list=PLpy_XRdn544rrX8zBj5APQOVelUOlcuok)  T[he video game's YouTube Channel features tons of gameplay videos](https://www.youtube.com/playlist?list=PLpy_XRdn544rrX8zBj5APQOVelUOlcuok) (without the controller connectivity) so kids can just dance along.  AGES 6+ |