

Big Dance playsheet

1) Play music that you love
or
Listen to the Big Dance Playlist



Spotify link

2) Get cosy with paint, crayons, pencils etc.

3) How does the music make you



energetic?



swoopy?



busy?

Fill the page with feelings using shapes and colour.

start with the page included in the pack. (page 4)

Fill as many sheets as you like.



messy?



scribbly?



flowy?

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Are your pages FULL of colour?



4) Carefully
Cut out the
shapes from page 4



Or ask a grown up for help
with scissors ✂

5) With the remaining pages,
cut out any shapes
you like, using only your
scissors.



6) Did you
dance while you
painted?



What shapes
did your body
make?

Big Dance playsheet

7) Try cutting out the shapes your body makes when you dance



8) Use the shapes you have cut out to make:



a mobile

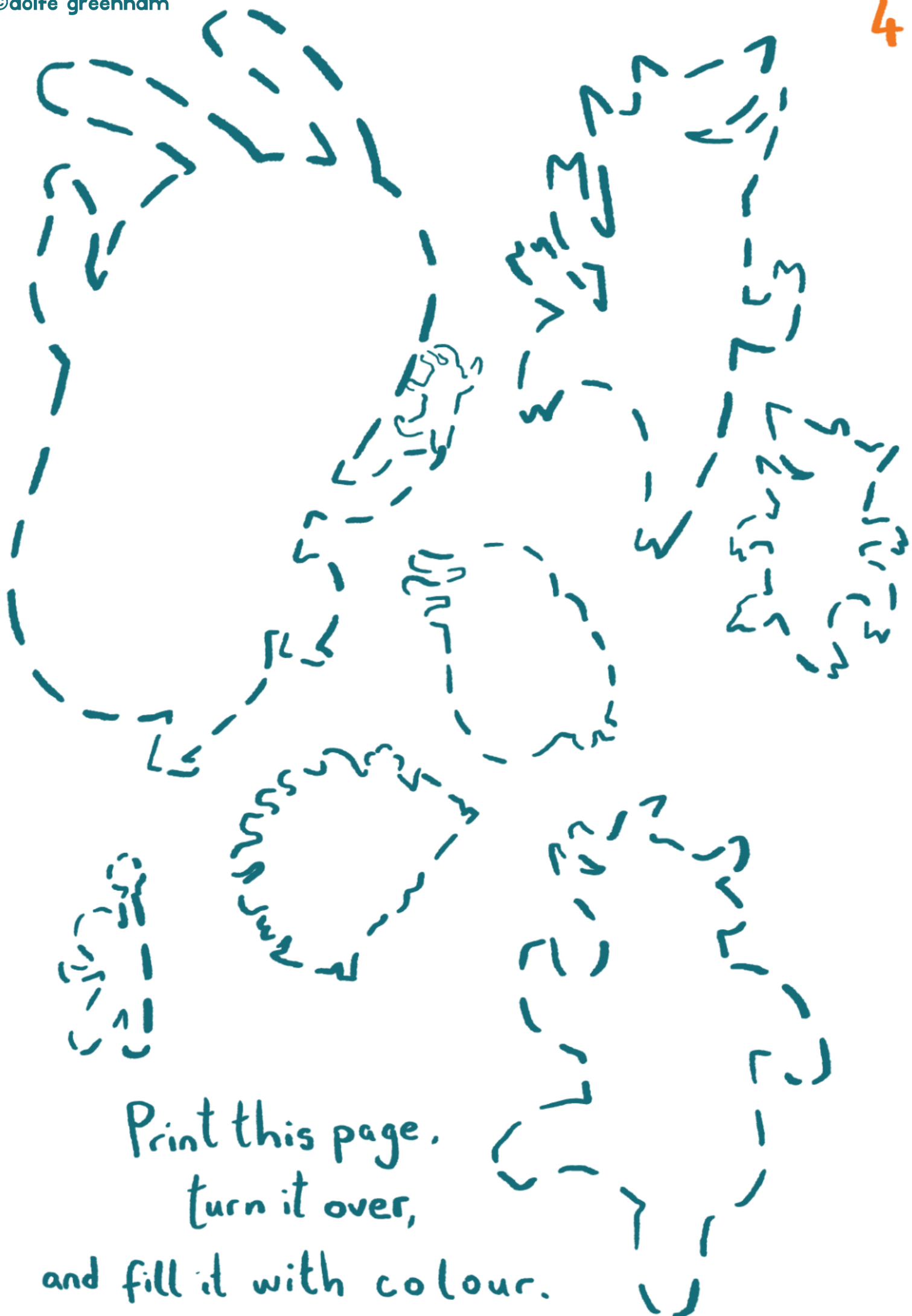


a dance floor

or your own creation.

you'll need string, card, sticks,
tape... and maybe a grown-up's help.

have fun!!



Print this page,
turn it over,
and fill it with colour.