

# ACTIVITY IDEA WITH

## Dance with Coco



This workshop aims to encourage physical activity, creativity, and free expression through dance, providing children with a joyful and energetic opportunity to connect with music, with Coco, and with their peers in a fun and engaging environment. supporting.



### Introduction to Dance:

Explain to the children that they are going to participate in a dance workshop where the most important thing is to have fun and let off steam. Introduce Coco as their virtual dance partner who will guide them through the activity.

### Warming up :

Start with a short warm-up to prepare the body for physical activity. Use simple, fun movements that involve all parts of the body.

### Coco demonstration:

Use a Coco character (perhaps a costumed entertainer or a video projection) to demonstrate simple dance moves that children can imitate. Encourage them to follow Coco and let themselves go to the music.

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### Free Dance:

Start a series of songs and invite children to dance freely, encouraging them to match their movements to the rhythm of the music. Encourage creativity and self-expression in dance.

### Dance Games:

Incorporate fun dance games, such as a dance competition, a circle dance where each child comes to dance in the center, or a "freeze dance" game where children must stop dancing when the music stops.

### Relaxation and Cooling:

After the dance session, guide the children through a short relaxation and cool-down phase with gentle, stretching movements to calm the body and mind.

### Awards and Recognition:

Congratulate all participants for their energy, creativity and participation. Emphasize the importance of having fun and feeling free in bodily expression.

### Conclusion :

End the workshop with a final free round dance for all children, including those who were eliminated earlier, to end on a positive and inclusive note.

Briefly discuss with the children what they liked about the game and what they would like to do in the next workshop.