

# Dance Patterns



2-6 players

Ages 3+

5-10 minutes

Materials: bodies



GOAL of the game:

to recognize a body movement pattern and predict what comes next

VOCABULARY words:

pattern  
repeat  
before  
after

QUESTION prompts:

What did you notice about the pattern I made?

How did you know what came next?

Setup:

Move to an area where you and children can move freely



Play:

Say, "I'm going to use my body to make a pattern! Watch the movements that I make. Once you notice the pattern, use your body to make the same pattern as me."

Move your body in a simple A/B pattern, such as: stomp, clap, stomp, clap, stomp, clap...



Wait for children to recognize the pattern and join in. You can chant, "stomp, clap, stomp, clap" as you go to help children recognize and say the pattern.



Once most children have joined in, say, "freeze!" and have the children freeze in place.

Ask, "What movement comes next?" Wait for children to say or demonstrate the next movement in the pattern.

Continue to play using different movement patterns. As children are ready, use more complex patterns, like an A/B/C pattern (clap, hop, stomp, clap, hop, stomp).

You can also try: touching your toes, touching your head, reaching your hands in the air, putting your hands on your hips, and jumping on one foot or two feet!

What children are learning:

- This game is a fun way for children to *feel* and *say* patterns.
- Asking, "what comes next?" directs children's attention toward the pattern's repeating unit.
- For a higher challenge, make a "mistake" in your body movement pattern! For example, stomp, clap, stomp, clap, stomp, stomp. See if children can catch your mistake and ask them to fix it using their body movements.