

# Dance Patterns

Players 2-6    Ages 3+    5-10 min

## GOAL

To recognize a pattern and predict what comes next.

## MATERIALS

Bodies



## VOCABULARY

Pattern  
Repeat  
Before  
After

## QUESTIONS

What was the pattern I made?  
How did you know what came next?

## HOW TO PLAY

1. Choose an area where children can move around freely.
2. Begin doing a simple movement pattern, such as: stomp, clap, stomp, clap, stomp, clap.



Have children join in making the movements as soon as they recognize the pattern.

Once most children have joined in, say, “freeze!” and have 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. You can include: 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!

### TIPS FOR PLAYING

---

- For a higher challenge, make a “mistake” (e.g., stomp, clap, stomp, clap, stomp, stomp). See if children catch your mistake and ask them to correct it!

### WHAT CHILDREN ARE LEARNING

---

- This game is a great way for children to get up and move, and to experience patterns by sight, sound, and feel!
- When you ask, “what comes next?”, you are helping children recognize a pattern's repeating unit. For example, if they say that 'clap' comes next because the pattern goes “stomp, clap, stomp, clap, stomp, clap,” they've recognized that the pattern's repeating unit is “stomp, clap.”

### MATH TOPICS

---

Patterns and Structure

## VIDEO



### Watch Game Video

View the QR code in your smartphone's camera app or QR code reader to watch a video that shows how to play Dance Patterns.