

# 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?

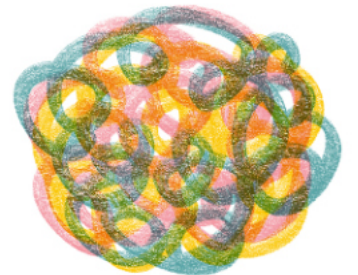
Fill the page with feelings using shapes and color.

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

Fill as many sheets as you like.



messy?



scribbly?



flowy?

# Big Dance playsheet

Are your pages FULL of color?



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!!

