



DANCE PARTY



Music and dancing has been proven to have a positive impact on mental health. Dance by yourself or get together with your friends and/or family for a group dance party and feel the positivity!

*Age level: All ages *Estimated time to complete project: 5-60 mins

01

MATERIALS NEEDED

- ★ A speaker or device to play music
- ★ A good playlist with your favorite songs
- ★ Your body!
- ★ People to dance with



02

STEP BY STEP INSTRUCTIONS

1. Create or find a playlist you would like to dance to
2. Find a time & place to invite your friends/family to your dance party
3. Set-up speaker and playlist while you wait for people to arrive
4. Once people start to show up, start dancing!
5. Enjoy the benefits of dancing while being around people that make you feel good!
6. ***Bonus: If you have your parents permission to film and post your dance video to social media, please tag Team Kids and/or upload your project here.



03

REFLECTION QUESTIONS

- How does dancing make you feel?
- Are there other physical activities that change your mood?
 - If so what are they and how do they make you feel?
- What are other things you can do in a group that are fun and make you feel happy?

