



Y GUIDES



CAPTAIN'S CHALLENGE: Dance Like Nobody's Watching!

Throughout the past hundred years many different forms of creative dance have emerged, which means there are many different types of dance styles that children can learn. Dance provides many physical and emotional benefits. Studies show that getting your kids moving with you is a great way to spend time together and create memories. Learning and performing dance moves helps build memory skills and boost confidence.

TEACH

Father and child should plan time together to share and practice each other's favorite dance style and dance moves.

- Child teaches dad favorite dance.
- Dad teaches child a dance from his childhood.
- Loosen up and have fun!

LEARN

Explore different dance styles and learn something new. Try searching for music on streaming channels or virtual dance classes and demonstrations on YouTube.

- Dad and child research the history of a dance style based on their own cultural or ethnic background. Learn and perform a few basic moves from this style.
- Dad and child research the history of a dance style based on a different cultural or ethnic background. Learn and perform a few basic moves from this style.

DANCE!

Dad and kid make up a dance with each other that incorporates something meaningful (e.g., an activity, a gesture, a song, a saying) and perform it for their crew. (BONUS POINTS: capture a video and share it on social media.)

Favorite Dance Style:

Favorite Memories:

Post pictures on your social media, tag @Y_Guides #YGuides and share with others.