



The Wobbly Dance Party!

Instructions for Grown-Ups:

Focus: Physical Development (Gross Motor Skills)

Opus wanted to dance, and so can you! This activity helps your child practice **balance**, **coordination**, and **walking** by moving their body in fun, new ways.

What You'll Need:

A little bit of open **space**.

In the book, Amy and Opus enjoyed listening to and watching a **cancan**. You can play this music or simply play your favourite **music** (optional).

Instructions:

1. Put on some happy music and tell your child, "Let's have a **dance party** and dance like the toys in our book!"
2. Call out a character and do the action. Encourage your child to copy you.
 - "**Let's stomp like Vuu the elephant!**" Take big, heavy steps around the room. Lift your knees high.
 - "**Stop! Fall over and SQUEAK!**" Imitate Hih-Haa the penguin by practising starting a stopping the dance.
 - "**Tangle your ears and feet like Doug!**" Bend down and wave your arms (long ears) down by your feet. See how silly you can be!
 - "**Let's hop like Hop the bunny!**" Do little jumps all around the room.
 - "**Wiggle like Opus the octopus!**" Stand and wiggle your whole body, making your arms floppy and wavy, just like Opus's tangled dance.
3. End the dance party with a big **stretch** and a round of **applause** for your wonderful dancer!

What Your Child is Learning:

By imitating these different movements, your child is developing muscle **strength**, improving their **balance**, and learning how to **coordinate** their body.