**Dancing Stories**

Using current topics create simple movements to the music that can become a very simple story to music.

**Examples**

Dragons and fairies

Move to different parts of the music like a dragon, a fairy, trees, sky, etc.

Fairy flying through the forest and sees a dragon breathing fire. She watches from behind a tree. The dragon sees her and she flies into the sky. The dragon follows here as he is curious to find out what she is. They fly high into the sky and start to play flying in circles, up and down, etc.

Under the sea

Ask children to think of things under the sea

We’re all little fish swimming in the sea. We come to some sea weed which is swishing about in different ways with the movement of the water. We then come to a shark who is swimming very menacingly, we swim away very quickly and find a starfish moving slowly on the sea bed, etc.

**Benefits**

Can support skills, balance, spatial awareness, coordination and gross motor development, body management, imagination.



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