**Getting to know the Seasons**

Here is the link for this week’s dance activity-

<https://www.youtube.com/watch?v=_BkkzF9z4-g>

During the dance for each season, we are going to add in some objects to make the activity a bit more fun. Follow the movements for each season.

You will need-

* Ice block/cube
* Fan
* Ball
* Leaves/sticks

**Winter**- We will be shivering, so rub the child’s arms whilst letting the explore an ice block/cube.

**Spring**- Shout Hooray or waves arms in the air, also use a fan to make a gentle breeze over their face and hands.

**Summer**- Stamp your feet, help your child by stamping their feet, use a ball to catch and throw.

**Autumn**- Tap your knees, making you child aware of their knees whilst gently tapping them, gather some leaves or sticks letting the child explore the items.

