

# Groove and move.



This week's activity is a music and movement activity.

What you will need is some fabric. For example old scarfs, hankies, pillow cases,

Plays the following track explore how you can move to then.

[Go Bananas](#)

[Robot Dance](#)

[The Dance Freeze Song](#)

How did you move was it fast or slow, do you move high or low.

Feel free to join your child's in the dance and just have fun.