

# Dance like a **DRAGON**

Play your favourite song and have a go at these moves to learn how to dance like a dragon! You could try doing the moves lots of time or in a random order to make up your own unique dance. Why not get everyone at home to have a go and give each other a score out of 10?

## Flap your arms

Dragons have big wings to help them fly, so hold your arms out and flap them in the wind as you fly around the garden! Will you make short quick movements or long, swooping movements?



## Stomp your feet

Enormous dragons need to have enormous feet, so do a silly stomp and pretend to walk like a dragon! Will you do fast or slow stomping? Lift your knees up high and do your best stomp.

## Wiggle your tail

Dragons have big, long tails so do a silly wiggle and shake your imaginary dragon tail! You could also make your own tail using a pair of tights, a belt or a long piece of ribbon tied around your waist. Who will do the silliest wiggle?





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# DRAGON



## Jump up high

Dragons fly high up in the sky so see who can join them by jumping the highest! How high do you think you can jump?

## Roar like a dragon

Dragons can be loud so try to make your best dragon noise! How loud do you think you can be? What sound would you make as a dragon?



## Chomp your jaws

Pretend your arms are the big strong jaws of your dragon and chomp them together like a dragon chomping its teeth! What do you think your dragon is having for lunch?

## Be a dragon

Choose your own special move to help you move like a dragon! What will you do? See who in your family can come up with the most unique dragon move & give them a bonus point!

