

Home Learning for ALMA and EARLY Learning classes who do DANCE with Linda

This is a great 3 ½ minute exercise that will really benefit you and your child if schools are shut. In some classes we do this every week. Each child normally works directly with a teacher or teaching assistant.

It is based on the principles of Intensive Interaction but is a great way to really focus on your child and reminds us to be mindful and present in the moment.

We always use the track Symphony (feat. Zara Larsson) by Clean Bandit. You can find this on you tube or any other music streaming sites. (for some classes we have been doing this for a couple of years so this helps them understand what activity we are doing)

Before you start sit your child down (if necessary) and explain that for the duration of the song you are going to copy their actions/dancing. (obviously you have still to keep them safe so you are not going to copy any actions that are potentially dangerous and you should stop if there is a medical need that dictates) But do try to refrain from telling them what to do.

For the duration of the song, you should only focus only on your child...try not to think about what you are going to have for dinner etc. (this is a lot harder that what you think...)

Make it clear when you start and when the activity is finished.

For the duration of the song imitate all your child's movement/actions even if they remain still and even if they run around....

During the activity notice how you feel?

Notice how your child moves?

If you child is non-verbal what do you think they are communicating with their body actions.

Once you are comfortable with doing this – you can then start to expand with some possible interventions, but always give ownership of the activity to your child. For example: you could exaggerate their movements, or you could follow their eye gaze if they keep shutting you out, you could try copying them being really close by or being further away.

There is no right way or wrong way to move/dance. If they want to flick their fingers for the entire song that is okay. This activity is an attempt to enter their world and see things from their perspective.

Once the song is over, talk about the experience. Tell them what you noticed and how their dancing made you feel.

If you are able to video the activity it is useful to view it back and see what else you can learn about how your child moves and communicates non-verbally.

I'd love to hear how you get along. If you have any questions please email me:

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