



BALLOON COLORS DANCE - GRADES PRE K-K

Needed Materials: 3- 5 different colored balloons

Instructions: For this activity, you'll need 3 to 5 balloons (different colors) and will assign to each balloon a dance move.

For example: orange- jump, blue- flap like a bird, pink- clap your hands, green- stomp your feet, & red- freeze.

Once you've assigned a movement to the balloons, review the movements and color associations with the students. Then, place your inflated balloons on the floor and throw one balloon in the air and the students will do the move of that color balloon until it falls back on the ground. Then, try a different balloon throw it up in the air, and the students will do that move until the balloon touches the ground and the students will then freeze. This activity is good for focus, learning colors, and getting all those jitters out.