



Dancing Scrapbook or Board - All Ages; Students with limited mobility

Needed Materials: Blank scrapbook or cardboard or large poster board, scissors, glue, multicolor pack of construction paper, pictures of people moving and/or dancing, magazines, pictures printed off the internet, decorative items (glitter, ribbons, stickers, etc.), sensory items, and anything you like to use to decorate.

Instructions: Take fun photos with your child, collect pictures of people moving and/or dancing, and pictures of anything else they like, such as nature, pets, toys, and/or other family members, and arrange and glue the images on paper, the poster board, or scrapbook. You can embellish the pages or sections with stickers, ribbons, glitter, and/or sensory items.

Each page or section should encourage expression through dance or movement. For example, the first page can have a picture of your student or child raising their arms up or kicking their legs. Another page can show someone moving their head (looking up, down, or side to side). You can also have a picture of someone wiggling their fingers.

When you're done with creating, make a music playlist that matches the theme of each page. Then you can play the music, explore your book/poster board, and try the movements with your student or child.