

## Objective

By the end of this lesson, you will learn about different types of dances and have fun practicing some basic dance moves.

## Materials and Prep

- Music player with some upbeat songs
- Comfortable clothing to move around in
- Open space for dancing

No prior knowledge needed, just bring your energy and enthusiasm!

## Activities

- **Warm-Up Dance:** Start by playing a fun song and encourage the student to dance freely to warm up their body.
- **Follow the Leader:** Take turns being the leader and making up dance moves for the other person to follow.
- **Learn a Dance Routine:** Teach a simple dance routine step by step, focusing on coordination and rhythm.
- **Free Dance Session:** Let the student dance to their favorite song and express themselves through movement.

## Talking Points

- **What is dance?**  
"Dance is a way to express feelings and emotions through movement."
- **Why is dancing fun?**  
"Dancing is fun because it makes us feel happy and energetic!"
- **Can anyone dance?**  
"Yes, anyone can dance! You just need to move your body to the music."
- **What are some types of dances?**  
"There are many types of dances like ballet, hip hop, salsa, and more!"