



## MAKE UP A NEW SUN DANCE

Rain dances are an ancient practice that's common in rural villages and hot countries across the world. But with so much rain in the UK, flip this on its head and sneak some sunshine in by making up your own sun dance. It's the perfect chance to get those hips shaking

### YOU WILL NEED

- Enough space for moving around
- A speaker or a device for playing music
- Paper and a pen for jotting down your dance moves
- Any props you want to use, including DIY sunglasses and your paper sun wall decorations from our other activities
- A little imagination

1

Start by choosing one of your favourite songs – it could be a song about the sun or just a feel-good pop song the kids love.



2

Listen to it a few times and get familiar with the verses and the chorus and pick up on any dance moves from that song's video.



3

After a few listens, ask the kids what dance moves they think would work best for a sun dance. You could wiggle your hips to shake the rain away or lift your hands up to call the sun back.



4

Jot these down on a piece of paper or a notepad and then count each dance move, doing each for a few seconds. Once you have about ten dance moves, you have the start of a dance.



5

Practice these over and over to your chosen song (or pick a new one if you think it works better). Finally, set the stage for a sun dance disco in your living room and show off those moves!





Did you know Vitamin D is created in the body from sunlight on your skin and helps to support the normal function of your immune system?

Unfortunately we don't always get sunshine in the UK so at Arla Big Milk we fortify our fresh whole milk with vitamin D. Supporting you and your little ones no matter the weather!