



Spring Time Flowers Dance



This is a fun alternative to the classic song and Dance “Ring Around the Rosey” (look up the origin of the song- it is creepy and timely!)

Activity:

This can be done with just 2 people or a large group

Hold hands and walk in a circle singing to the tune of “Ring Around the Rosey”.

*Ring of springtime flowers
Made from April Showers
Tulips and buttercups
We all jump up!*

Variations: sing the song and instead of “*jump up*” end with:

fall down	stomp our feet
turn around	clap our hands
touch the ground	reach up high

Really you can make up any ending!

You can also work on right and left- everybody walk/move in a circle to the right, or left.

Adaptations:

- Use a stroller, wheelchair or walker for kids that need assist with moving and pick actions or sounds any child can do. I.e. make a silly sound, wiggle your body, kick your legs...
- Or carry a younger child and let them move with you- this helps teach the concepts of “up, down around...”
- Let each child in the group choose what the next action will be

Goal: social interaction, following directions, learning simple motor words, doing different body movements and motor imitation.

ECC domains: social skills, rec and leisure, orientation and mobility