

Recreation Therapy

Building Skills Through Recreation and Leisure

Exploring Interests: Dance Name Game

Grade Level:

All grade levels

Targeted Skills:

exposure to new activities
relieve stress
creativity
camaraderie
physical movement

Materials:

Pen/pencil (opt to type it out)

Paper

Music Player (phone, radio, pc, tablet, etc)

Directions:

Create your own signature choreography based on your name. Choreography is a sequence of steps and movements put together. Below is a list of various dance moves associated with a letter from the alphabet. Look through the list and spell out your name to find out your personalized choreography. To make this more fun, invite friends and family to join!

Directions

1. Write your name vertically on a piece of paper. You can write your first name, whole name, or nickname if you wish.
2. Look through the alphabet dance move list on the next page to see what dance moves are associated with your name. For each letter of your name, write next to it the associated dance move from the alphabet list.
3. Practice your personalized choreography, keeping your sequence close for reference.
4. Pick out a song that you think would go well with your choreography. Showcase your choreography to your friends and family (in person or virtually).

Example:

My name is Ms. Karyn and this is my choreography

M- moon walk / go backwards

S- shuffle

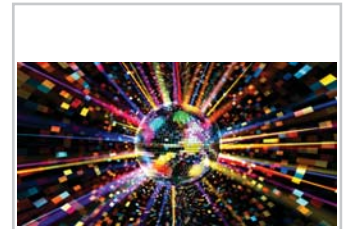
K- criss cross

A- slide to the left

R- running man

Y- the "L" dance (fortnite)

N- sprinkler



Alphabet Dance Move List

- A- Slide to the left
- B- twirl
- C- carlton dance (fortnite and Fresh Prince of Bel Air)
- D- disco
- E- free style
- F- floss (fortnite)
- G- grocery cart
- H- ride the horse
- I- Slide to the right
- J- jump
- K- criss cross
- L- lean with it, rock with it
- M- moon walk / go backwards
- N- sprinkler
- O- orange justice (fortnite)
- P- pump it out
- Q- raise the roof
- R- running man
- S- shuffle
- T- twist
- U- shimmy
- V- vogue
- W- wave hands in the air
- X- grape vine
- Y- the "L" dance (fortnite)
- Z- salsa

