

T★A★P★S®

Activity Book



Dance, Dance Revolution

#LoveLivesOn

Developed for TAPS Youth Programs use.

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DANCE GAMES

TAPS Activity Book

DIRECTIONS:

Dancing and playing games is a perfect way to have fun with family and friends! Below are a few fun dance games that you can play and try.

1. Memory Moves

To play memory moves, have the kids form a circle around the dance floor. Choose one player to go first. That player will step into the center of the circle and make up a dance move. The next player will step into the center and repeat the same dance move. After that player mimics the dance move of the first player, he then performs one of his own. It is up to the next player to repeat both dance moves and add a third. The game continues in this manner, with each dancer repeating and then adding a new move to the list. Anyone who can't copy or forgets the succession of dance moves is out. Play continues until only one dancer remains.

2. Dance Party Musical Chairs

This version of musical chairs is a great way to incorporate a childhood favorite game into your dance party. Instead of lining the chairs up in the middle of the room, set them up so that they circle (or semi-circle) the dance floor. Kids dance, and when the music stops, they head for the chairs, but instead of running, they must dance their way over to the chairs. As usual, the player left standing when all the chairs are taken is eliminated, a chair is removed, and the kids return to the dance floor for the next round.

3. Spot Dance

This game will have dancers team up in couples. Each couple must dance only in a designated spot. The best way to do this is to tape large circles onto the floor and have dancers stand on them to start. Play music and have them dance together without stepping off of the circles. When you speed up the music, they must speed up their dance. Anytime a foot steps out of the couple's spot, that pair is out of the game. To make this game more challenging, you can start with large circles and replace them with smaller ones as the dancing progresses.

4. Spot Light

To play this dance party game, you'll need one person to work the spotlight and another to work the music. Have that person stand in the middle of the dance floor and shine a flashlight on the dancers. The spotlight person should continually move the flashlight so that it is always changing which dancer it is highlighting. Whenever the person in charge of the music stops it., the spotlight holder must freeze, steadying the light on the dancer it was pointing to at the time. That dancer is out of the game. Play continues until only one dancer remains.

Source: <https://www.thespruce.com/dance-party-games-2104604>



DANCE DOODLE

TAPS Activity Book

DIRECTIONS:

1. It's doodle time!
2. On a blank sheet of paper

Materials:

- Crayons/pens/pencils/markers
- Sharpies (fine point)
- Paper



Doodle Art Alley ©



LOVE LIVES ON

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“This past Memorial Day, stories of love and honor came to life with the release of the music album, Love Lives On. Through heartfelt lyrics co-written by 10 TAPS families, personal stories of their loved ones honor all those who have served and sacrificed.” You can listen to the album at <https://www.lovelivesonmusic.com/music>

Directions:

1. Have you ever thought about writing a song? If you could write a song what would it be about?
2. On a sheet of paper create and write the lyrics to your song.

Materials:

- Paper
- Pen/pencil

SONG LYRICS



Source: <https://www.taps.org/loveliveson> <https://www.lovelivesonmusic.com/>



LYRIC ART

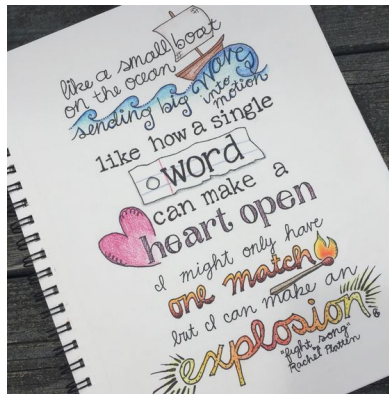
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Directions:

1. On their own sheet of paper, each person draws a picture of a favorite family memory.
2. As you are drawing, each person hides their picture from everyone else.
3. When everyone is finished drawing, hold pictures up one at a time for people to try to guess the memory.
4. Once a memory has been guessed correctly, talk about why it's a favorite memory.

Materials:

- Crayons/pens/pencils/markers
- Paper



Source: <https://www.youtube.com/watch?v=1VJM968H7Hw>



TRADITIONAL DANCE

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A few weeks ago we travelled the World with our Amazing Race activities. Now it is time to learn new dances from across the globe and different cultures.

DIRECTIONS:

1. Research dances from across the world.
<https://www.travelchannel.com/interests/arts-and-culture/photos/dance-around-the-world-photos>
2. Pick one or two of the dances you want to try.
3. Practice the steps and style.
4. Teach a family member the new dance you have learned.

Signature Moves

Dance Styles from Around the World



Ballet
Italy

Ballet stems back to the Italian Renaissance in the 15th century, and has since gone on to be one of the most recognised and influential dance styles in the world.



Charleston
USA

The Charleston is a charismatic and chaotic dance comprising of flicks, kicks and twists. The dance is named after the US city of Charleston and was popularised in the US in the 1920s.



Flamenco
Spain

The iconic Spanish dance is famous for its vivid costumes, strong arm movements and fast hand clapping. The dance style has been awarded UNESCO recognition.



Ote'a
Tahiti

This dance is known for its signature fast-paced hip-shaking which is performed to a percussion accompaniment.



Tango
Argentina

A sensual ballroom dance expressing romance via synchronized movements. Originally, the tango was danced only by women, but it has since developed into a partner dance.



Can-Can
France

A high-energy dance originating from French dancehalls and still popular in cabaret. The dance is known for its high kicks and big skirts.



LAUGH YOGA

TAPS Activity Book

Directions:

What happens when you combine laughter and yoga? You get Laughter yoga! Laughter yoga was developed in 1995 and has shown to be a great benefit for your mind and body. Use the following links to explore what Laughter yoga is and give it a try!

<https://laughteryoga.org/>

<https://www.yogajournal.com/lifestyle/laughter-cure>



Benefits of Laughter Yoga

Laughter yoga provides...

- ! Greater flow of oxygen to brain
- ! More energy
- ! More motivation
- ! A connection between participants
- ! A better quality of life
- ! A positive state of mind
- ! A way to alleviate difficulties and challenges
- ! Relief of stress
- ! Strengthening of the immune system



Sources: (laughteryoga.org) and (webmd.com)
Compiled by Maddy Placik
Graphics by Maddy Placik



iREST

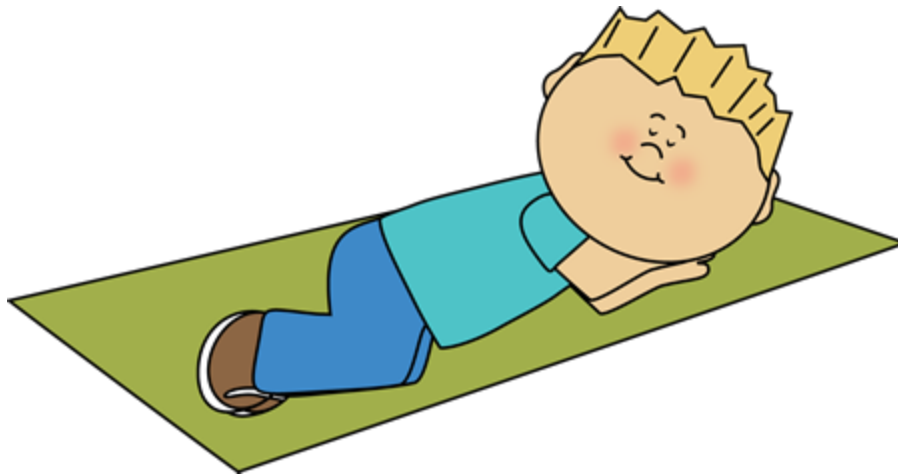
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DIRECTIONS:

Time for some iRest sessions. iRest brings a whole new level of well-being to your life and helps with overall daily life challenges. Take some time for self-care and partake in an iRest session.

iRest : <https://www.irest.org/>

iRest





DANCING THROUGH THE DECADES

TAPS Activity Book

DIRECTIONS:

Let's DANCE!!! Dancing has always been a part of our culture and history. Dancing through the decades is a fun way to explore the revolution of dance through the last 100 years.

DANCE THROUGH THE DECADES:

<https://medium.com/@429eam09/dancing-across-the-decades-informational-516b9082fbfb>

1920's

Charleston
Fox Trot
Shimmy

1950's

The Bunny Hop
Boogie Woogie
Jive

1980's

The Moonwalk
Break dancing
The Sprinkler

2010's

Gangnam Style
Floss
The Dougie

1930's

Lindy Hop
Carolina Shag
Swing

1960's

The Mashed potato
The twist
The Loco-motion

1990's

Macarena
Cha Cha slide
The Running Man

2020's

Renegade
The Mop
The Woah

1940's

Jitterbug
Swing
Lindy Hop

1970's

The Hustle
YMCA
Funky Chicken

2000's

Stanky Leg
Soulja Boy
Walk it Out



Source:

<https://www.arthurmurraydancenow.com/blog/most-popular-dance-styles-over-the-past-100-year>



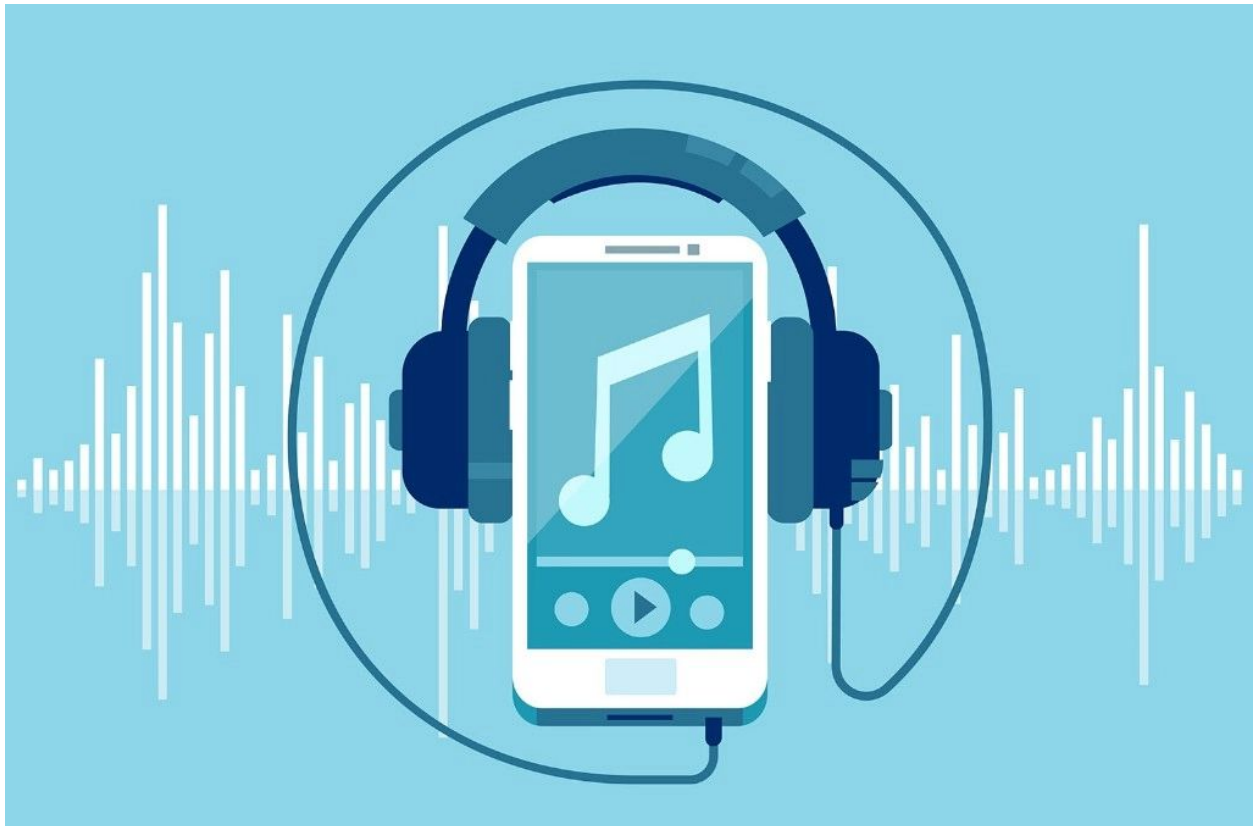
CREATE YOUR OWN PLAYLIST

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Music and memories are super powerful. Listening to music can bring back memories and can also help with coping with different emotions. Create your own playlist of your favorite songs or the favorite songs of the person you honor and remember.

Directions:

1. Select a music app to use.
 - a. Google Music
 - b. Spotify
 - c. iTunes
 - d. Apple Music
2. Go to the music player of choice.
3. Select the songs you want to add.
4. Add to Playlist.





UNICORN DANCE

TAPS Activity Book

One of the best parts of Good Grief Camp is Gen. Dempsey singing and sharing the Unicorn Song! Listen to the Unicorn Song and learn the movements and motions that go along with it.

<https://twitter.com/cspan/status/1000031446957019136?lang=en>





CREATE A MUSICAL INSTRUMENT

TAPS Activity Book

DESCRIPTION:

Start your family band by crafting some awesome homemade musical instruments. Most of these are super easy to make, and kids will have a blast banging on tin can drums, shaking DIY maracas and more. Keep reading to get the dance party started. Using the link below you find 52 ways to create a musical education. <https://feltmagnet.com/crafts/Music-Instruments-for-Kids-to-Make>



Source: <https://feltmagnet.com/crafts/Music-Instruments-for-Kids-to-Make>



HOST A DANCE PARTY

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Plan a musical game and dance party the next time you host young grade school kids at your home. The music will keep them active, while the games will keep them busy. The end result will be a fun and memorable party.

DIRECTIONS:

1. Set the Stage
 - Go for decorations that enhance a modified disco theme--the sounds and icons of this time period are well-known to all.
 - Set up a disco ball with flashing lights and plan to dim the lights in your party room to a level that's safe for the kids, but dark enough to make things exciting.
 - String mini disco type lights around your party room.
 - Play popular music that the children are familiar with such as CDs from Radio Disney.
2. Plan Activities
 - Come up with some fun games for everyone to play
 - Musical Numbers
 - Limbo
3. Prepare food and drinks
 - Pizza
 - Snack foods
 - Punch



Source: <https://www.thespruce.com/how-to-plan-a-musical-party-for-kids-1197502>



MUSIC VIDEO CHALLENGE

TAPS Activity Book

DIRECTIONS:

Ready, Set, Go! It's Music Video Challenge time are you ready for the challenge? All week we have worked on various dance moves and a number of dance games, now it is time to put all that practice into play. Using the song "Can't Stop the Feeling" by Justin Timberlake send us your own dance video dancing along to the upbeat and fun song. You can send it youthprograms@taps.org

<https://www.youtube.com/watch?v=ruOK8uYEZWw>





DISCO PRETZELS

TAPS Activity Book



INGREDIENTS

- Mini Pretzels
- 1 lb chocolate (any kind will do) or candy melts
- Sprinkles (optional)

INSTRUCTIONS

1. Melt the chocolate in a microwave or a double boiler.
2. Dip the pretzels in the chocolate. I did this by submerging the pretzels in the chocolate and then fishing it out with a fork. I would tap the fork against the side of the bowl to let any excess chocolate drip off.
3. Place the pretzels on a baking sheet lined with wax paper.
4. Apply sprinkles before the chocolate hardens.

SOURCE: <http://sugarcooking.blogspot.com/2011/08/chocolate-covered-pretzles-one-in-oven.html>



ADDITIONAL ACTIVITIES

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READING:

- **Dancing Across the Decades**
<https://medium.com/@429eam09/dancing-across-the-decades-informational-516b9082fbfb>

STEM:

- **Dancing Raisins**
<https://funlearningforkids.com/dancing-raisins-science-experiment-kids/>

- **Get creative with Dance**
<https://blog.eie.org/mix-engineering-and-dance-in-the-classroom>

- **Dancing Corn**
<https://www.greenkidcrafts.com/dancing-corn-fall-stem-activity/>