PASS THE JOY

Objective: To take turns following the rhythm and dancing to the beat of a song as a way to celebrate everyone’s uniqueness, as well as the different ways everyone likes to dance.

Set-up: The person in charge of the music is called DJ Thanks. Everyone else is seated (at their own spots, their desks, or around a Thanksgiving table).

Description: DJ Thanks turns the music on, selects an appropriate song to play from a music platform, and ‘passes’ the opportunity to dance to someone else by pointing at them (or pretending to pass the Invisible Dancing Turkey, which gives the power to dance).

As the music plays the Invisible Dancing Turkey is passed from person to person. When passed to you, dance for 8-16 beats of music and then pass to someone else.

When the song is over, the last person dancing becomes DJ Thanks and gets to select a song. At the end of the activity ask students to describe a dance move that someone else demonstrated that they enjoyed. Compliment and celebrate with a cheer/celebration or ‘Air High Five’. Repeat and Enjoy!

[YouTube Demonstration]