

A Sample of Interactive Games and Dances for Brain and Attitude

We know interactive movement games and dances help with socialization, weight control and muscle tone. But did you know they also help develop the brain, reduce stress, and elevate serotonin levels (brain's feel good chemical)?

Memory, Focus, Etiquette

Mother May I
Simon Says

Vestibular, Stillness, Concentration

Swing the Statue

Cause-Effect Thinking, Patience, Determination, Endurance

Hide and Go Seek
Kick the Bucket

Lateralization, Rhythmic Synchronicity

The Bunny Hop
This-a-Way Valerie

Differentiation (reflex inhibition), Focus, Patience, Cause-Effect Thinking

Rock-Scissors-Paper
Marbles

Cooperative Interdependence, Inner Strength and Stability, Fearlessness

Red Rover, Red Rover

Proprioception, Vestibular, Math Concepts

Hop Scotch