



# Stop-n-Go Dancing

MOVE  
PLAY &  
LEARN

**Age** 2 years and older

**Materials** Music

**Setting** Open area to move freely

**Description** Introduce the toddlers to the concept of **stop** and **go**. Play music and everyone dances. Turn the music off. Explain that when the music is on, you will “go” or dance. When the music stops, you will “stop” too. Play fun music and get moving. Be prepared to model and be patient as children begin to explore the concept of starting and stopping on a signal.

## Learning Outcomes

**Movement** The toddler engages in creative movement and dances to music. He or she demonstrates balance and body coordination. The toddler represents experiences and concepts through movement. He or she runs and moves with ease, stopping and starting with precision.

**Large Motor Skills** The toddler plays actively, practicing, exploring and expanding motor skills and interests through music.

**Music** The toddler shows interest and participates in music activities through gestures, movement and dancing. He or she expresses self creatively to variations in music such as changes in rhythm, volume or tempo.

## Did You Know?

SHAPE America promotes the early childhood best practice of positive reinforcement. Caregivers should respond to toddlers’ physical activity by acknowledging their abilities or knowledge in a way that supports their self-efficacy. The adult should provide feedback to toddlers regarding specific qualities of his or her abilities rather than providing non specific praise such as “Good job.” Positive reinforcement is critical to ensure that children develop motor competence and a sense of self-efficacy that supports continued participation in movement activities.

**TODDLERS**