

Starcatchers' #WeeInspirations

Have some fun, save your sanity

SNOW DANCING

THE BASIC IDEA

If your wee one needs to wind-down but isn't in the mood to sit still, find some slow Christmassy music online, switch off the big light and slow dance in the dim light from the Christmas tree.

OVER TO YOU, WEE ONE

Ask "I wonder how snowflakes move?" - mirror your wee ones actions and use it as a turn-taking game where you get slower and slower until you're frozen! Or dance with them in your arms, adding dips and swoops at first and gradually calming down until you're swaying gently.

CHEEKY BONUSES

- Gross motor skills
- Lets wee ones still move around whilst not making them too excited!
- Mirroring encourages observation, engagement and non-verbal communication

VARIATIONS

- Props are always good - maybe you're slow dancing together with teddy, or using a scarf to watch how it flows in time with their body.
- Exploring bubbles, confetti or anything else that "floats" can feel quite magical in the dim light.

AND REMEMBER...

Be patient! Slow music and low lights might not slow them down straight away, let the wiggles and jiggles out first and then start slowing everything down to match your surroundings. Or you can be explicit and say "let me know when its time to slow dance" so the choice is theirs.