





Dance Action Zone Leeds

Healthy Holidays Dance at Home Pack

"Keeping the whole family dancing,
moving & feeling good with DAZL
whilst we all spend more time at home"



CAN YOU GET ON THE INTERNET? IF YES PLEASE SEE BELOW?

- **Weekly dance tasks**
www.youtube.com/dazldiamonds

- **20min Family Dance-Fit each week**
www.vimeo.com/danceactionzoneleeds
ds uploaded every sunday

- **Facebook Live Dance session**
every Mon, Weds & Fri at 11am

IF YOUR A FAMILY WHO NEED SUPPORT WITH FOOD PLEASE CONTACT US.

Call/Text: 07519018675
Email: community@dazl.org.uk

For FREE online dance classes
visit our website:
www.dazl.org.uk/calendar/



LADDERS DANCE TASK

Ladders is a great partner game that allows children to show off their own dance moves!

1. Begin by getting into pairs and giving a prompt for each pair to come up with their own short dance phrase.
2. It could be anything - Stepping/stomping or 8 counts of your favourite dance moves.
3. Put a line of tape along the floor and sit on the opposite side of your pair, feet-to- feet. This is your ladder!
4. Each pair is given a number or name.
5. When their number is called, they stand up and carefully "climb" to the top of the ladder while stepping over the other children's feet.
6. When they get to the top, they skip to the bottom of the ladder and "climb" back up.
7. When they get to their original spot, they do their dance in place while the other pairs cheer them on, then sit back down.

For a challenge, call out multiple duos at



PASS ON YOUR MOVES DANCE TASK

A good dance exercise for the whole family.

1. One person begins by doing eight counts of movement with one body part only (feet, knees, hips, shoulders, head) then “passes” it to the next person.
2. That person does their own eight counts of creative movement with the same body part, then “passes” it on again.
3. When you all complete, pick a new body part and begin again.



ABOUT DAZL

Our Aims

Primary Aim - To improve the mental and physical health of children and young people aged 3 – 19 years, particularly girls, through dance as physical activity in disadvantaged communities of Leeds.

DAZL Secondary aim – To reduce health inequalities, improving the health and wellbeing of children, young adults with disabilities up to 25 years, families and the wider community throughout Yorkshire through asset-based community dance and wider dance opportunities.

EMOJI DANCE TASK

This dance task is a great way for children to connect with their emotions in a very safe and artistic way.

1. Draw or print out emojis of different expressions – Happy, Excited, Tired, Worried, Crying, Rolling Eyes etc and place around the room/ garden.
2. Each child turns around and moves towards the emoji, demonstrating the movement quality of that emotion.
3. Repeat until they've tried on several different emotions. For an added challenge, try it with partners!

The DAZL Model

1. Participation – Engaging inactive children and young people through dance as physical activity.
2. Community Leadership – Engaging and empowering local people/ communities.
3. Partnerships – Supporting and delivering the wider health/ social care agenda.
4. Artistic Development & Progression Support – Developing and nurturing new and existing local talent.
5. Celebrating Communities & Performance Opportunities – bringing the community together and championing positive achievements.

